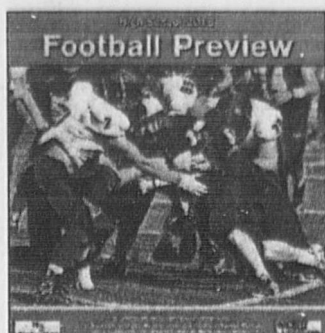




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COHASSET MARINER

Friday, September 9, 2016

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Vol. 38, No. 38 ■ \$2

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HINGHAM**

COMING IN PRINT

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Spotlight on Cohasset substance abuse

By Amanda C. Thompson
athompson@wickedlocal.com

It's hard to put a positive spin on something as devastating as losing a family member to substance use disorder. But on Sept. 24, Safe Harbor Cohasset Coalition is going to try.

Their event, "Into the Light," will be a celebration of life for two Cohasset men who lost their lives to this disorder in the past year. Family members of Jeff Flanagan and Jason Moore will speak in memory of their lost sons and brothers.

But "Into the Light" isn't just a poetic way of saying these young men have moved on to a better place. "Into the light" is exactly where these families want to drag the opioid issue — into a place where it might be seen by someone who needs to see it.

"We want to keep anybody else from experiencing what we experienced and provide resources in Cohasset to reduce the risk for all of our kids," said Deb Flanagan, who lost her son Jeff to the epidemic in summer of 2015. "It's very hard to

recover once someone starts using drugs. We need to educate kids, educate parents, and intervene early."

The event will take place from 6 to 9 p.m. on Saturday, Sept. 24 at Willcutt Commons. Appetizers, beer, wine, and non-alcoholic beverages will be provided. A steel band will provide entertainment, and Lilly Sestito will also perform. Members of the Flanagan and Moore families will share their stories.

There will be auctions throughout the evening, including one for a 62-foot

sailing yacht with a crew and a silent auction for goods and services donated by local businesses.

The evening will culminate with a candlelight vigil on the Willcutt Commons patio. This portion of the evening will recognize not only those who have lost their battle with substance use disorder, but also those who continue to fight and the first responders who help them.

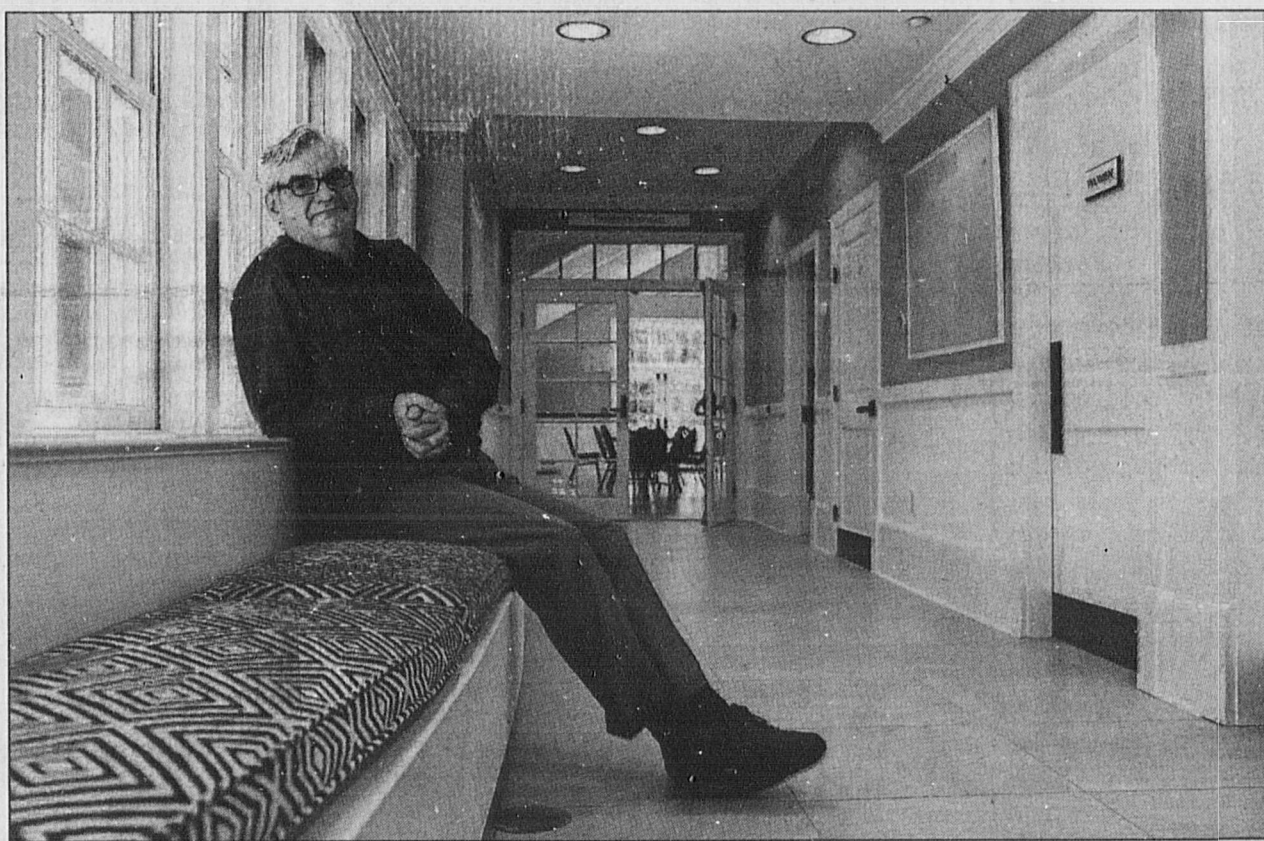
This portion of the event will be guided by Margot Critchfield, the priest at

SEE ADDICTION, A9

"We need to take the stigma away. That's why we're not using the word 'addiction' — it connotes negativity and shame. It's 'substance use disorder,' and it's a chronic brain disease."

Christine Murphy,
president of Safe Harbor

WELCOME TO TOWN



Rev. Bob McKetchnie sits in the newly fixed wing of the parish house that was destroyed by water damage from a burst pipe on Feb. 14, 2016. WICKED LOCAL STAFF PHOTO / ROBIN CHAN

New minister at First Parish

Parish House is also back in service

By Amanda C. Thompson
athompson@wickedlocal.com

With a new minister, new floors, and a good-as-new organ, it's almost like First

Parish has been born again. Not that the Unitarian Universalist community would use that exact language.

"The important thing about UU is that it's not a creedal religion, but a covenantal religion," said the new minister, Bob McKetchnie. "Creeds tell people things like, 'I believe in God' — belief statements. Covenants

"Good ministry requires deep listening. I want to realize what they struggle with, and then I want to preach to that struggle."

Rev. Bob McKetchnie

SEE PARISH, A9

SUNDAY

Governor's visit will be a real picnic

By Amanda C. Thompson
athompson@wickedlocal.com

On Sunday, Sept. 11, the Cohasset Republican Town Committee will be rolling out the red-and-white checkered picnic blanket for Governor Charlie Baker.

The committee traditionally holds a picnic at this time of year in conjunction

with the GOP8 — the senatorial district of Weymouth, Hull, Hingham, Cohasset, Scituate, Norwell, Marshfield and Duxbury.

At one time, the picnic was Cohasset's signature Republican event, attended by many prominent Republicans at the state and local levels. However, it's been a long time since anyone as

prominent at Gov. Baker has made an appearance. The event has more recently been hosted out of private homes and featured more localized Republican candidates.

"We're really grateful for the governor coming," said Jack Creighton, chairman of the Cohasset Republican

SEE VISIT, A9



Governor Charlie Baker will be speaking at the Republican GOP8 picnic at the Sailing Club on Sunday. WICKED LOCAL PHOTO

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Legal Briefs

by Kevin Phillips
Attorney at Law

WORKPLACE RETALIATION

In the event that employees believe they have been discriminated against, harassed, or unjustly terminated because they filed a workers' compensation benefit claim, they may bring civil actions against their employers for the tort of "retaliatory discharge." When state law allows this type of lawsuit to be initiated, employees must prove to a judge or jury that it was more likely than not that they were wrongfully terminated. However, it is not necessary to prove that the workers' compensation claim was the sole reason for the discharge. Employees who believe that their employers are not living up to their workers' comp responsibilities should consult with a lawyer about asserting their rights through legal action.

Do you have any questions about today's column or about any aspect of Worker's Compensation? At the Law Offices of Phillips & Donahue, our attorneys have years of experience dealing a wide variety of personal injury issues, including those that deal with Worker's Compensation. We take this sort of case on a contingency basis, which means you don't pay a fee until you get a recovery. If you have questions, please call (781) 834-4500 or email phillips569@aol.com. Our office is located at 769 Plain St., Marshfield.

HINT: In nearly all lawsuits, motions should be considered at every stage of litigation as useful tools for furthering your case.

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PICTURE THIS

Connor Curran

Name: Connor Curran.

Occupation: Student at CHS and new Life at CHS high school columnist. (Summer job: Sailing instructor at Cohasset Sailing Club).

Best vacation: Family vacation to Dubai.

Favorite season: Summer.

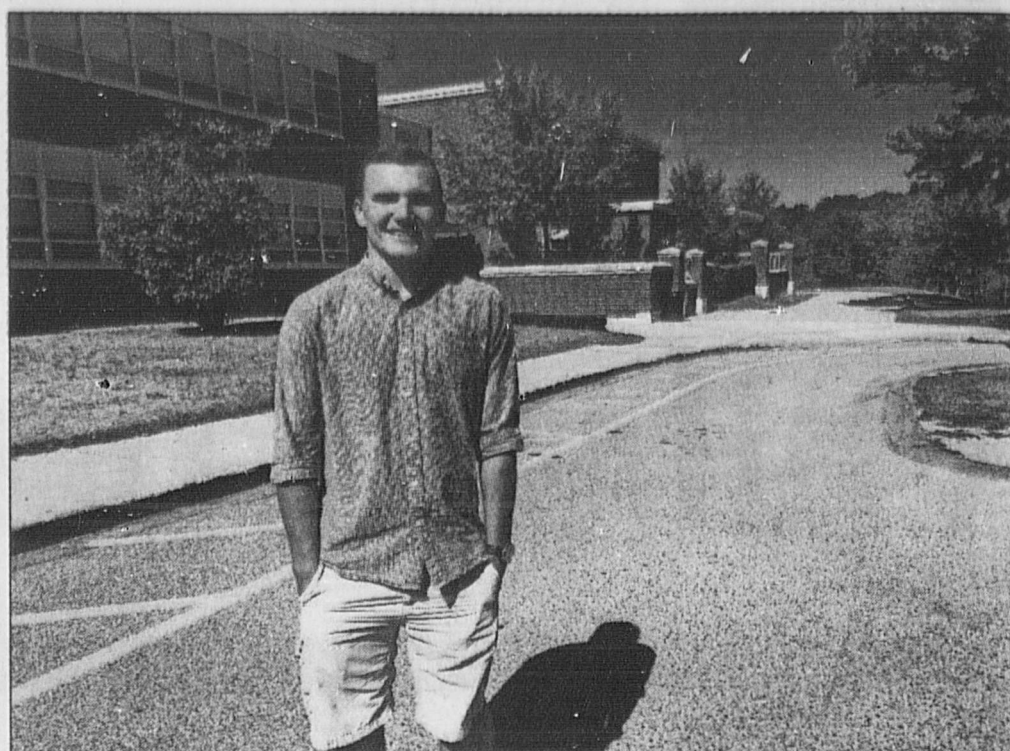
Favorite holiday: Christmas.

Favorite snack: Buffalo Wings.

Best book: "Lone Survivor," by Marcus Luttrell.

Best Movie: "The Shawshank Redemption."

Best Music Artist: J. Cole.



The Mariner caught up with Life at CHS columnist Connor Curran this week. Be sure to enjoy his columns throughout the school year and if you see Connor around town or on the football field, tell him that you saw him in Picture This! WICKED LOCAL PHOTO BY MARY FORD

Pet peeve: Getting a phone call and realizing it's a machine.

Fun fact: I was born in Singapore.

Goal: Join the military.

Person I would like to meet: Tom Brady.

Biggest worry: That any CHS sports team will lose to Hull.

Best part of Cohasset: The ocean.

COHASSET ELDER AFFAIRS

New line dancing class offered

Cohasset Elder Affairs is located at Willcutt Commons, 91 Sohier St. All events and activities will be held in that location unless otherwise noted. The center offers tours for visitors. For information, call 781-383-9112.

LINE DANCING: 3 p.m. Tuesdays. Mimi Leary of Down East Dancers will teach a six-week workshop that trains students in country line dancing as well as partner dancing, including the two-step. Come by yourself or bring a friend. \$25 for the six-week course or pay \$5. per drop-in class.

LIFE, LANGUAGE AND THE PURSUIT OF HAPPINESS — ERNEST HEMINGWAY LIVE! 1:30 p.m. Sept. 15. Performed by actor Richard Clark, this is the story of a remarkable life, a rough-and-tumble journey into the soul of one of the 20th century's greatest literary figures who was heralded by the New York Times as "the greatest

writer since Shakespeare." \$5 ticket. RSVP: 383-9112.

PEAK PHYSICAL THERAPY AND WELLNESS, AQUATIC THERAPY: 12:30 p.m. Sept. 20. Not only is aquatic therapy a change of pace from land-based practices, but it can also be used in cases where individuals are not able to put full weight on limbs. Presented by Eric Edelman and Cheryl O'Malley. This program will be held at the end of lunch. Reservations required at least 24 hours in advance for lunch. \$3.

TALES FROM THE TRAIL: Grace Trail: 11:15 a.m. Sept. 21. We'll visit Hanover COA for a talk by best-selling, award winning author of "Grace Trails," Anne Barry Jolles. Share her five steps of grace and learn her process for walking off worries and accessing hope. Light lunch at noon, presentation at 1 p.m. RSVP required. 383-9112. Ride with us or take your car. \$5 van transport/free program. Limited van seating available, first come first served.

"THE COLORS OF FALL" GARDEN WORKSHOP: 1:30 p.m. Sept. 22. Representatives from the Cohasset Garden Club will lead us in creating a lovely arrangement to take home. Always a big hit. RSVP by Sept. 16 so we can purchase supplies. \$3.

Lunch schedule and menu

Lunches are served at noon Tuesdays, Wednesdays and Thursdays. Reservations required 24 hours in advance. Meals provided by local restaurants and Cohasset cooks. Cost: \$3.

■ Tuesday, Sept. 13: Prepared by Chef Surprise
■ Wednesday, Sept. 14: Chefs Laura and Kathy, egg strata
■ Thursday Sept. 8: Chefs Launch, America chop suey

Ongoing programs

■ **COHASSET CAFÉ:** Mondays, 9-11 a.m. Coffee, conversation and fresh baked treats provided by The

Friends of Cohasset Elder Affairs. Cost: \$3.

■ **FRENCH CONVERSATION:** 10 a.m. Mondays. Looking to improve your French? Informal gatherings for those less-than-expert. Drop in.

■ **MARY'S MORNING EXERCISE:** Mondays, Wednesdays and Fridays, 8 a.m. Stretch, strengthening and cardio with Mary Sullivan.

■ **VETERANS SERVICES HOURS:** Mondays, Wednesdays and Thursdays, 2-4 p.m.; Tuesdays, 2-6 p.m.

■ **SENIOR STRETCH AND CONDITIONING CLASS:** Mondays, 2:30-3:30 p.m., and Thursdays, 11 a.m. to noon. Follow the instruction of an exercise therapist to improve upper and lower body strength, endurance, and flexibility. Cost per class is \$5.

■ **GENTLE YOGA,** Tuesdays, 9:30 a.m. Wear comfortable clothing. Bring a mat. At Willcutt Commons, 91 Sohier St. Cost: \$5.

SUNDAY

Sept. 11 Remembrance Service set for 1 p.m.

Cohasset's annual Remembrance Service will be held at 1 p.m., on Sunday, September 11 on Cohasset Common.

Please join us as we remember the men and women who lost their lives, and those that were and continue to be affected by

the events of September 11th, 2001. The Service is being held at the flagpole on the common and will begin promptly at 1 p.m..

Cohasset Fire, Cohasset Police, Cohasset clergy, and the veterans organizations of the Town of Cohasset are coordinating the service.

South Shore Tide Chart

COHASSET HARBOR (WHITE HEAD)

SEPT. 2016	HIGH				LOW				SUNRISE	SUNSET
	AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.		
Thursday 08	4:37	8.1	4:54	8.5	10:35	1.4	11:08	1.2	6:16	7:04
Friday 09	5:28	7.8	5:45	8.4	11:24	1.7			6:17	7:02
Saturday 10	6:22	7.7	6:38	8.4	12:02	1.3	12:17	1.8	6:18	7:00
Sunday 11	7:18	7.7	7:33	8.6	12:57	1.3	1:12	1.7	6:19	6:59
Monday 12	8:12	7.9	8:28	8.9	1:52	1.1	2:07	1.4	6:20	6:57
Tuesday 13	9:05	8.3	9:20	9.3	2:45	0.7	3:01	1.0	6:21	6:55
Wednesday 14	9:55	8.8	10:10	9.7	3:35	0.2	3:52	0.4	6:22	6:53
Thursday 15	10:42	9.3	11:00	10.1	4:23	-0.3	4:42	-0.1	6:23	6:52

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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POLICE BEAT

Man on crystal meth stops at station

By Mary Ford
mford@wickedlocal.com

Warrant arrest

A 48-year-old Scituate man was arrested at South Shore Hospital last week on an outstanding warrant for failure to appear for jury duty, police said. John M. Powers of 17 Collier Ave. had come to the station at 3:55 a.m. on Monday (Aug. 29) saying he was overdosing on crystal methamphetamine and needed help. He was transported to the hospital by ambulance and later arrested in the ER on the outstanding warrant. He was transported to Quincy District Court to face the warrant charge, police said. Powers' car that he had parked on Elm Street was towed.

MV stop/tow

A 2002 Mercedes, operated by a 44-year-old Scituate man, was pulled over by an officer at 9:04 a.m. on Monday (Aug. 29) on Route 3A by JJ's Dairy Hut. The officer saw the color-coded sticker on the plate had expired and pulled the car over. The registration was non-renewable so the car was towed. The Scituate man was issued a \$105 citation for operating an unregistered motor vehicle.

Sleeping bag

A caller reported that two carloads of teens in two vehicles, a Toyota Tacoma pickup truck, and a dark-colored SUV, set a sleeping bag on fire and tossed it off the Border Street bridge into the gulf, police said. The incident was reported at 10:38 p.m. on Monday (Aug. 29). The sleeping bag floated away and police, who notified Scituate, did not catch up with the culprits.

Rotting pole

A 2007 Peterbilt truck, operated by a 69-year-old Weymouth man, was making an oil delivery on N. Main Street when he backed up and knocked down a rotting utility pole that had no wires attached. The incident occurred

at 9:40 a.m. on Tuesday (Aug. 30), police said. There were no injuries and the driver was noted cited. There was minor damage to the truck's bumper.

Harassment

The mother of a 15-year-old Cohasset High School girl made a harassment report at the station on Tuesday afternoon (Aug. 30). The woman's daughter was being harassed on social media with unsavory comments from another 15-year-old girl. The incident was documented, the school was notified, and the school resource officer is following up, police said.

Electrical issue

A report of a car fire involving a 2008 Subaru on upper King Street on Tuesday afternoon (Aug. 30) turned out to be faulty wiring with the sunroof, police said. Police and fire responded to the call about a smoking car. The fire department cut the wire and pulled the fuse. The driver was advised to go to the dealership and have it fixed.

Underage drinking

Police responded to a report of suspicious activity at a house on Fair Oaks Lane around midnight on Tuesday (Aug. 20) and found four 17-year-olds (three girls and one boy) in the garage with alcohol. The homeowners were away but their daughter was supposed to be staying with a friend. Parents were called; the party-host went home with the friend she was supposed to be staying with, police said. There was evidence of drinking including empty beer cans in the garage and on the patio area. The incident was documented and the school resource officer is following up, police said.

Plate taken

A 39-year-old Cohasset man reported to police last week that the plate on his 1979 Pontiac Trans-Am was missing. He said went missing sometime in the past year.

Fraud

A 75-year-old Cohasset man, who had been traveling abroad, reported to police last week that when he returned he found that \$19,000 was missing from his checking account. There was also evidence that his credit card had been compromised.

Fight

A 35-year-old Cohasset man, who was sitting at the bar at Dooley's around 12:30 a.m. on Thursday (Sept. 1), was socked in the face by a 31-year-old Cohasset man who came into the establishment. Witnesses said the suspect walked in and hit the other man in the face, knocking him off his feet. The victim had cuts to his face and nose, requiring 10 stitches under his eye. The suspect quickly left the scene but is being summoned to court to face the charge of assault and battery. Police said the altercation was over a girlfriend.

MVA

A chain reaction crash on Chief Justice Cushing Highway (Route 3A) near Ridgetop Lane involved three vehicles around 1:30 p.m. on Saturday (Sept. 3), police said.

The cars were all headed north at the time. A 2009 Acura, operated by a 52-year-old Scituate man, had slowed for a vehicle that was attempting to turn left onto Ridgetop Lane, when the Acura was hit from behind by a 2006 Volvo, operated by a 49-year-old Scituate man. As it turned out, a 2005 Chrysler, operated by a 32-year-old Marshfield man, hit the Volvo pushing it into the Acura. There were no injuries but the operator of the Chrysler was issued a citation for following too closely on a state highway.

Left scene

Hingham police went to the Gardner Street home of a Hingham man who had left the scene of an accident in the parking lot of Hingham Lumber in Cohasset on Saturday (Sept. 3) around 5

p.m. HPD confirmed the subject lived there. The 2014 Subaru Outback, the Hingham man was driving, hit a stonewall at Hingham Lumber and then took off. The plate came back to the 41-year-old man, who, police said, left because he was unlicensed. He is being summoned to Quincy District Court for unlicensed operation and leaving the scene of an accident after causing property damage. There was about \$1,000 in damage to the wall, police said.

MVA

Police said a 72-year-old Cohasset woman in a 1996 Jeep was backing out of a driveway in a neighborhood off Jerusalem Road around 9:23 p.m. on Saturday (Sept. 3) when she hit the gas instead of the brake and hit a tree. Police said she then apparently panicked and drove forward hitting another tree. The fire department used the Jaws of Life to open the door, which was jammed in the impact. She was OK but there was damage to the front and back of the Jeep.

MVA

A 2001 Saab, operated by a 25-year-old Plymouth woman, was headed east on Jerusalem Road when she pulled out from the stop sign to go across Forest Avenue without looking and hit the side of a 2004 Toyota Sedan that was headed down Forest Avenue toward Hull. The Toyota was being driven by a 59-year-old Hull man, police said. The Saab was towed; there were no injuries and the operator of the Saab was cited for failure to yield to oncoming traffic, police said.

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The dropbox at the edge of the driveway at Town Hall. Wicked Local PHOTO BY MARY FORD



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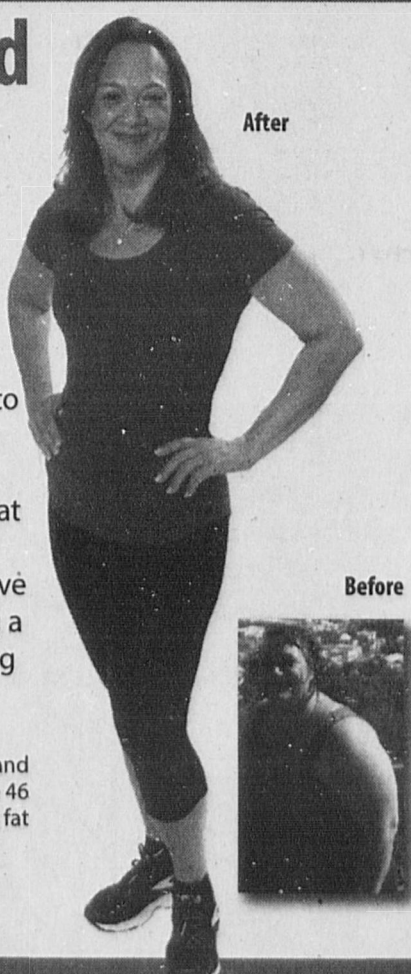


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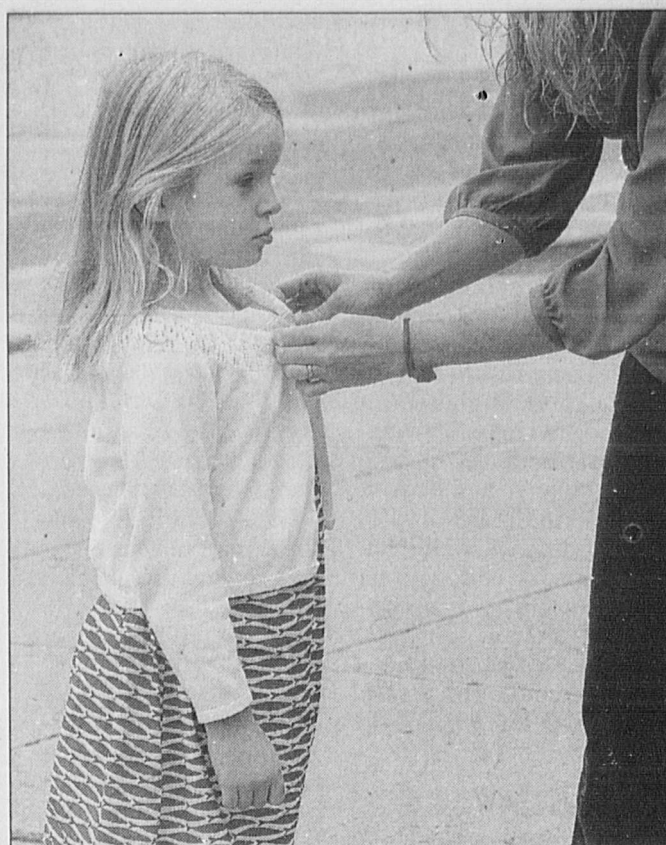


STAFF PHOTOS BY ROBIN CHAN

Back to school



First grader Will Palmer gives a kiss to his mom, Jennifer, while waiting for the bus to the Osgood School to arrive on the first day of school.



Virginia LeClair buttons a sweater around new kindergartner, Charlotte, while they check in at the Osgood School.



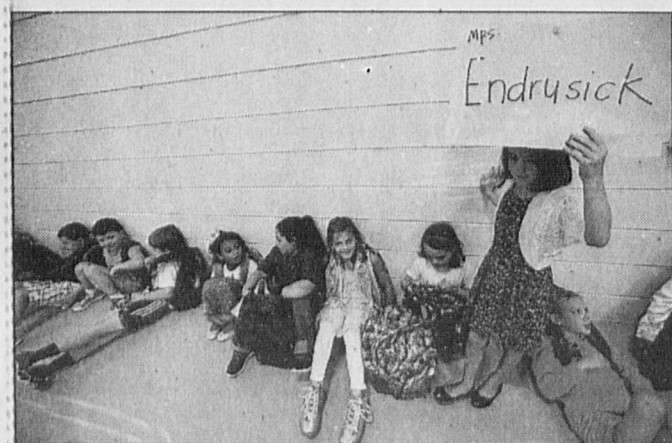
Brian and Elizabeth Frazier walk their first grader, Matthew, to his first day of class at the Osgood School.



First graders sit on the steps of the Osgood School while waiting for the first day of school to start on Tuesday.



Future kindergartner Charlotte Cronin introduces herself to the secretary at the office.



Second grader Samantha Linhart of Mrs. Endrusick's class holds up the sign while her classmates take a seat inside the gym.

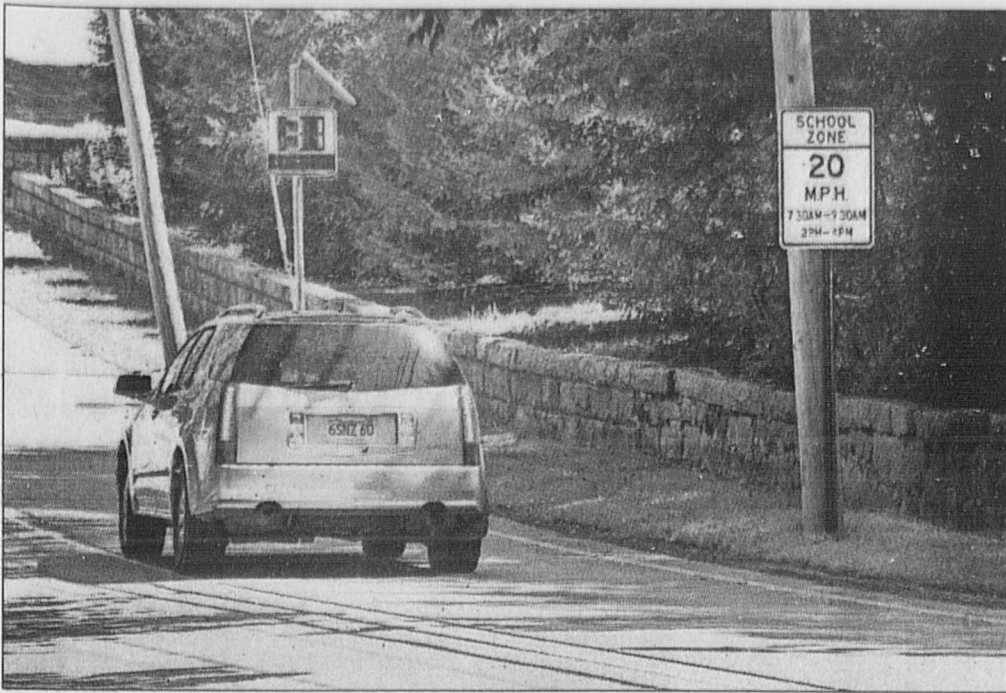


First grade teacher Gina Steele gets a tag ready for one of her new students.



Kindergarten aide Vanessa Day greets the students as they get off the bus.

UPDATE



The new solar-powered, illuminated speed signs on Sohler Street by Deer Hill School are having unintended consequences. COURTESY PHOTO

New school signs are keeping folks up at night

By Amanda C. Thompson
athompson@wickedlocal.com

Not so fast with those "Slow Down" signs. While they may be effective for reminding drivers to pay attention in school zones, they are definitely not effective for getting a good night's sleep for residents who live within flashing distance of the signs.

Selectmen who live in the vicinity swapped stories at

their meeting Tuesday night of how they were coping with the light. One reported hanging a t-shirt over the bedroom window.

The signs were originally programmed not to illuminate after dark, but something has obviously gone wrong with the timer. Officials are looking into it.

The new signs, which are solar-powered and have radar capability, show the

speed of an approaching vehicle to raise awareness that the speed limit in the school zone is 20 mph. The signs were paid for with a \$5,000 grant from the town's insurance carrier, MIIA (Massachusetts Interlocal Insurance Association).

If a motorist is driving in excess of the speed limit, the speed of the vehicle flashes as well as the message "slow down."

SAVE THE DATE

Oceanographer is guest speaker

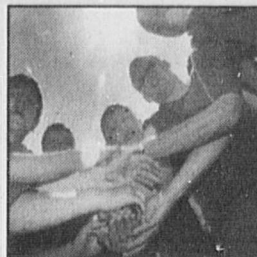
David Gallo, an oceanographer, will speak about the health of the oceans at 1 p.m. Sept. 21 at St. Anthony Catholic Church, 10 Summer St.

Gallo, formerly of the Woods Hole Oceanographic Institution and now a senior adviser at the Lamont Doherty Earth Observatory at Columbia University, has explored and mapped the seabed, including the sites of the Titanic, the battleship Bismarck and Air France flight

447, using manned submersible vessels and robots. He is involved in planning an international expedition to document the wreckage of Ernest Shackleton's ship, the HMS Endurance.

In his TED talks and lectures around the country, Gallo points out how oceans control the air, water and food. He believes that while human actions have impacted them on a global scale, the oceans remain 95 percent unexplored and poorly understood.

This free event is hosted by the Cohasset Garden Club, which will also host its semi-annual horticulture, design and photography competitions that day. Attendees can arrive at noon and enjoy refreshments while browsing more than a hundred plant specimens from members' gardens, creative flower arrangements incorporating fruits and vegetables and photographs focusing on "A Walk in the Woods."



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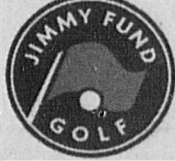
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Part 1: Dementia 101
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12:00 p.m. & 4:00 p.m.
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274 South Street | Hingham

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SAVE THE DATES!
Part 2: October 19 | Part 3: November 16

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AROUND TOWN

Annual 9/11 observance Sunday

Back to school

Hi there Cohasset... how did everyone do this week with the first week of school? If you didn't have a child going, you certainly had those buses rolling, bikers riding and kiddos walking back and forth on their own or with a special grown-up by their side. I heard many stories as I write the column.

Most were great stories with the normal ones of "I can't believe they are in x grade," "it goes so fast" and the tears as the babies get on the bus for the first time. Of course there were also a few complaints, etc. but those are to be expected and hopefully by next week all issues will be resolved. The year is going to be a great one I hope for everyone and if there are issues or problems that you do have, please make sure to address them with the school or person needed to help solve the issue. Watch the roads, slow down when driving and keep the positive vibes up for the kids... have another great week!

9/11 service

Cohasset's annual Remembrance Service will be held at 1 p.m., on Sunday, September 11 on Cohasset Common. Please join us as we remember the men and women who lost their lives, and those that that were and continue to be affected by the events of September 11th, 2001. The Service is being held at the flagpole on the common and will begin promptly at 1 p.m. Cohasset Fire, Cohasset Police, Cohasset clergy, and the



JENNIFER PIEPENBRINK

veterans organizations of the Town of Cohasset are coordinating the service.

PSO Market

Call for fun and unique vendors to join our 2016 Holiday PSO Market. We are looking for vendors that sell jewelry, women's accessories, clothes, home accents and more! The market is scheduled for Nov. 5, 2016. If you or someone you know are interested in getting more information or to get an application, please contact **Jen Safarik** at jensafarik@gmail.com

Balance Studio

For anyone reading this before this evening, come and join the Balance Studio Grand Re-Opening Celebration from 6-9 p.m. tonight. A reception will be held for all. There will be live music, refreshments, tours of the new studio space, door prizes and more.

Come see what the "New" Balance looks like with 2 Yoga studios (heated and unheated), Barre studio and Pilates reformer studio, an expanded retail space and gathering areas. See you at 15 Depot Court. Go to www.balancestudiocohasset.com for more info.

Labyrinth Walk

Second Congregational Church will hold an

open Labyrinth walk in conjunction with the 15th anniversary of 9/11. The community is invited to come add their prayers for peace on a group bulletin board and walk the labyrinth in a tranquil and peaceful setting. The labyrinth will be open from 1:30 - 3:30 pm on Sunday September 11th. Our prayers for peace do make a difference.

Cub Scouts

Cohasset Pack 38 Cub Scout registration will be held from 5 to 7 p.m. Sept. 17 in the Meeting Room at the Paul Pratt Memorial Library, 35 Ripley Road. All boys in grades one through five interested in Boy Scouts should register at this time. Boys entering first grade can join Tiger Cubs; boys going into second through fifth grade can join Cub Scouts. Currently registered Tiger or Cub Scouts should reregister at this time. Any parent who would like to work with their child as a den leader can register also. The first pack meeting of the year for Cohasset Cub Scouts and their parents will be held from 6:30 to 7:30 p.m. Sept. 26 at the Deer Hill School cafeteria. For information: 781-383-9519; 781-828-8360.

—That's the news Cohasset for this week. Make sure to send in your news to me no later than 5 p.m. on Tuesday. Have a great week. 1-4-3.

EMAIL: aroundtown-cohasset@yahoo.com

CONSERVATORY NOTES

Let the arts give you goosebumps!

You know that feeling when you experience something powerful – something beautiful – and the hairs on your arms stand up? When your heart races a little and your throat closes and suddenly there are tears rolling down your cheeks? Scientists call it "frisson." It happens to me all the time with music. If you don't know what I'm talking about, google Barber's Adagio for Strings. Within 30 seconds, you will have goosebumps. I promise.

Back in February, I was standing on risers, performing the Berlioz Te Deum with the Tanglewood Festival Chorus. I was new to the chorus and new to the experience of standing behind the Boston Symphony Orchestra (I'm an alto – and an amateur). The horns and tympani and all those voices joined together in the common pursuit of beauty left me breathless and tearful and, somewhat inconveniently, momentarily unable to sing. I remember thinking to myself, "I wonder how many people in the world are connected to something that brings them pure joy like this? I am so lucky."

When I was in college, dreaming about my adult self, it never occurred to me that my future would be so deeply tied to the arts. Music was something my parents had encouraged, and something I did willingly. It was part of me, but it certainly wasn't going to be my career. After graduation, there was a ten-year hiatus during which I got married, went to grad school and had three children. There didn't seem to be much time left over for artistic pursuits.



ANNE SMITH

It wasn't until we moved to Duxbury and my oldest child started piano lessons at South Shore Conservatory that music came back into my life. Suddenly, there was a welcoming, inspiring community just down the street, where I could reengage with the music that made me so happy as a child. I threw myself into it. I sang with the conservatory's Opera by the Bay. I took weekly piano and voice lessons. I joined a community chorus. Those things fed me. When my husband and I divorced in 2009, there were many weeks when the first clear thought and deep breath occurred while I was standing in the middle of a chorus. The act of surrendering to the music and living fully in the moment allowed me to leave behind the sadness and fear, and experience peace and brief moments of joy.

Music and the arts connect us with history. They envelop us in beauty. They offer respite from troubled times. I see this in my own life every day, but it's not just me. A growing wealth of data shows that participation in the arts is of great benefit to adults, especially those over 60. The arts stimulate the brain, improve memory and hearing, reduce stress, and have a positive impact on mental and physical health as well as social relationships.

This fall, the South Shore Conservatory

Music and the arts connect us with history. They envelop us in beauty. They offer respite from troubled times.

launches its Arts for a Creative Life initiative, a full suite of arts experiences – concerts, group classes, private lessons, and performance opportunities – designed to challenge adult minds, stimulate creativity and build vibrant social connections. Back in my 20's, I wouldn't have called myself a musician. Now, in my 40's, I work full time for a community school for the arts. I get paid as a church soloist and section leader. I perform with one of the most decorated choruses in the country. I often feel that singing puts me in touch with the best, truest version of myself. All of us have access to this path through the arts, and SSC can lead the way. Won't you join us on the journey?

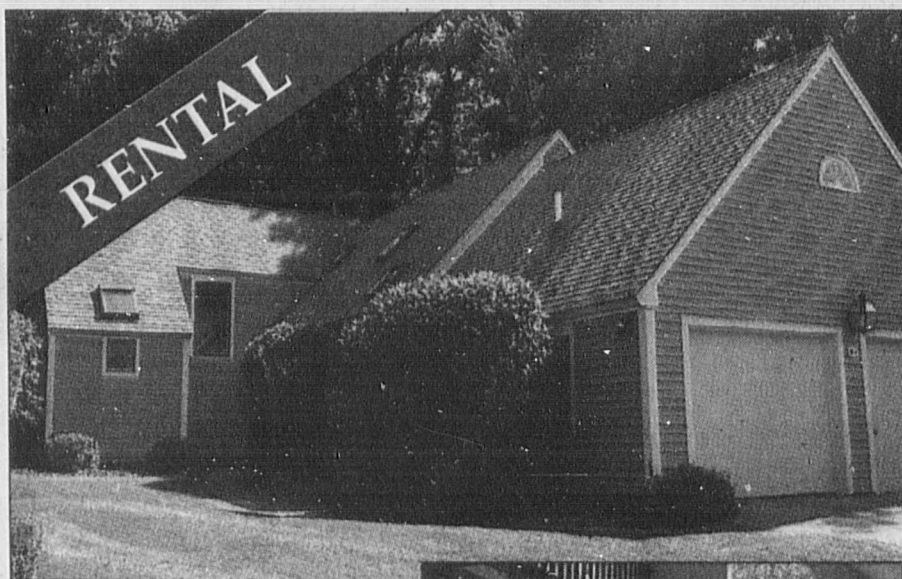
SSC's Arts for a Creative Life kicks off its adult learning initiative with a week of free classes and performances from Tuesday, Sept. 27 – Sunday, Oct. 2. Please join us. For a full schedule of free offerings, visit: sscmusic.org/acl-kickoff.html.

—Anne Smith is South Shore Conservatory's Director of Community Partnerships.



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GIMME SHELTER

Siblings are learning to socialize

By Tammy Hatch

Meet 3-4-month old Fitzzy and Rocky and their sister, Keely. Fitzzy has a gray and white shorthaired coat, Rocky's is gray and Keely's is black. The siblings were recently rescued after being found living outdoors, where we believe they were also born.

Kittens born into the wild are considered to be feral animals, that is, an animal who has descended from humans, but hasn't had any contact with them. The most telling sign of this is the kitten will hiss and spit when approached. They do this because they are absolutely terrified of you. The kitten acting the most ferocious and runs to escape from you is usually the one who's most scared.

In the case of this trio, it's Fitzzy and Rocky's sister, Keely. Socializing a kitten born outside who's never had human contact is absolutely possible, but it requires a tremendous amount of commitment, patience and understanding. As a no-kill shelter, we embrace challenges that other shelters would say no to.

Within our network of volunteers is a special group of people which we call "socializers." Unlike shift volunteers whose primary responsibilities are to clean the rooms and feed the cats, a socializer's only task is to literally sit and "visit" with the animals. A socializer talks with the cats, grooms them and engages them in play. They also do whatever is necessary in order to gain the trust of the cats that are the most frightened. Socializing a cat can and does work.

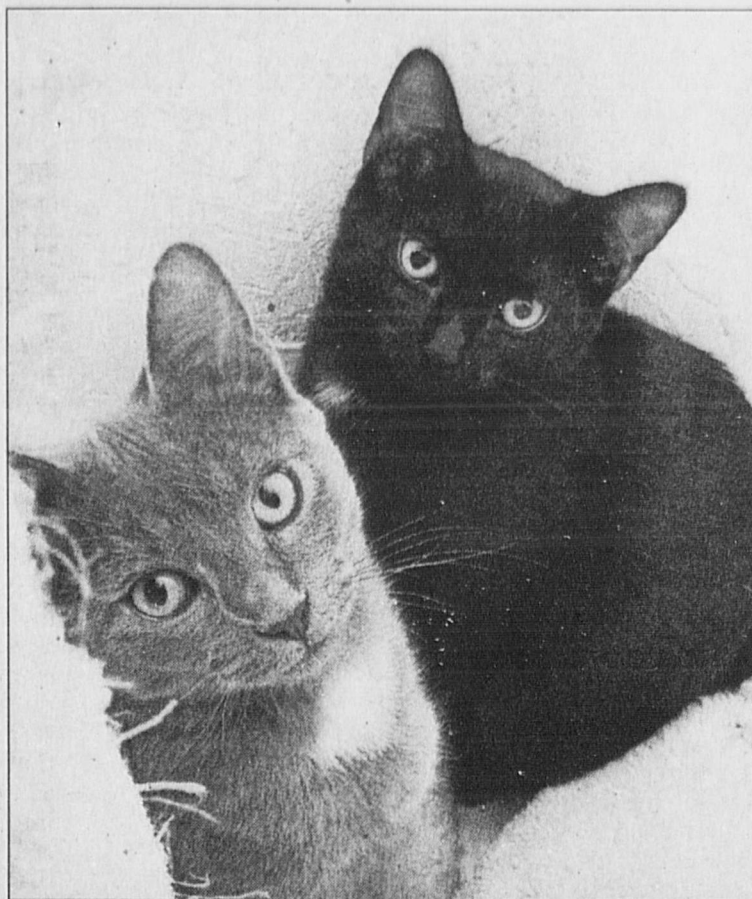
I know this first-hand because my dear sweet cat, William, was born into the wild, was rescued by HSAR and was successfully socialized. Today William lives a peaceful, happy and content life alongside my family and I and our two other female cats, Zoe and Amy, whom William loves and adores and treats as though they were his sisters.

You can learn more about Fitzzy, Keely and Rocky as well as the other cats and kittens we have available for adoption by visiting us online at www.hsar.org or by visiting us at 487 Nantasket Ave., Hull. Open hours are Monday nights, 6:30 to 7:30, and Saturdays, 2 to 3 p.m. If these times are not convenient for you, special appointments can be made by calling our adoption coordinator, Judy, at 781-534-4902.

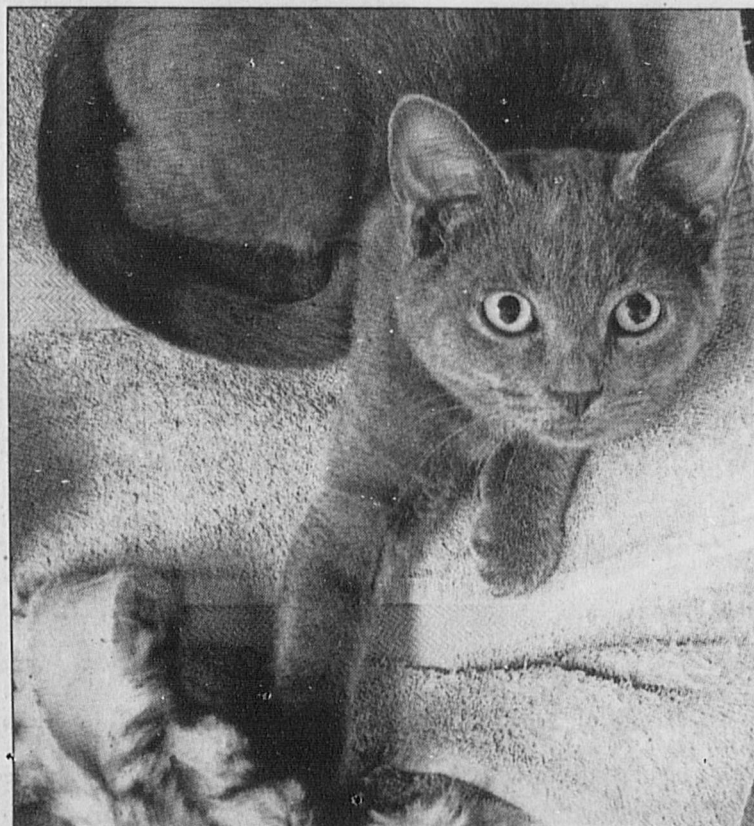
Yard sale

Don't forget to Save the Date: Saturday, Sept. 24th, 9 a.m. to 3 p.m. (rain date Sunday Sept. 25th) Hull Seaside Animal Rescue is having a Parking Lot Yard Sale Fundraiser. Whether you choose to donate items or shop the lot or both, your support is greatly appreciated. For more information, visit our homepage at www.hsar.org

—Tammy Hatch is a Volunteer and Board Member at Hull Seaside Animal Rescue.



Fitzzy and Keely are two of three brothers being socialized so they can find forever homes. COURTESY PHOTOS



Rocky is learning to be a people-person along with his brothers, Fitzzy and Keely.

5 THINGS TO DO THIS WEEK



Holly Hill is hosting a farm-to-table dinner on Saturday. COURTESY PHOTO

1 FARM TO TABLE DINNER: Sept. 10, Chef Greg Jordan of Quarry Restaurant, Hingham, will prepare seasonally available produce from Holly Hill Farm and other local purveyors. Dean Cycon of Dean's Beans Organic Coffee and Chocolate, the guest speaker, will share how his company is making the world a better place through activism, ecological responsibility and innovative direct development programs with his cooperative partners. Tickets may be purchased online. Proceeds fund educational programs on the organic farm and in 40 schools on the South Shore and Boston. For information: hollyhillfarm.org; 781-383-6565.

2 LABYRINTH WALK: Second Congregational Church will hold an open labyrinth walk in conjunction with the 15th anniversary of 9/11 from 1:30 to 3:30 p.m. Sept. 11 at 43 Highland Ave., Cohasset. The community is invited to come add their prayers for peace on a group bulletin board and walk the labyrinth.

3 HEMINGWAY: Cohasset Elder Affairs will present "Life, Language and the Pursuit of Happiness—Ernest Hemingway Live" at 1:30 p.m. Sept. 15 at Willcutt Commons, 91 Sohier St. performed by actor Richard Clark, this is the story of a remarkable life, a journey into the soul of one of the 20th century's most important literary figures, heralded by the New York Times as "the greatest writer since Shakespeare." The cost is \$5. RSVP: 781-383-9112.

4 LECTURE SERIES: The Cohasset Historical Society begins its Wednesday Evening Lecture Series on Sept. 14th with guest speaker Jack Buckley. Jack, an educator in the Cohasset school system since 1987, will talk about his role and experiences with the Cohasset Maritime Institute and student centered projects. Light refreshments will be served at 7 p.m. The program will begin at 7:30 p.m. at the Society's Headquarters, Pratt Building, 106 South Main St. Suggested donation: \$5.

5 SAVE THE DATE: The Ultimate Lawn Party 2016 Croquet Classic to benefit pediatric programs at South Shore Hospital will be held at 2 p.m. Sept. 17 at a private residence in Cohasset that will be provided upon ticket purchase. The event will feature cocktails, wine, beer, views of the Atlantic and croquet. Tickets are \$75, and information on the location will be provided upon ticket purchase. For information: southshorehospital.org/croquet. For tickets: 781-624-4170.

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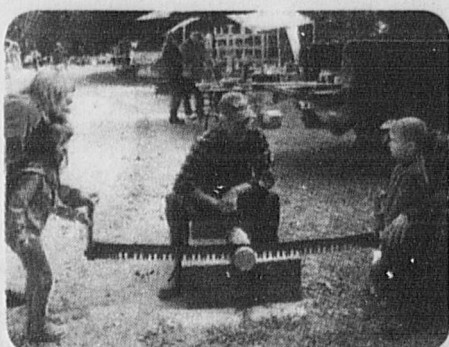
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LIFE AT CHS

Controlled chaos
as school year starts

It's that time of the year again. The past week found copious CHS students experiencing that inevitable mass migration from Sandy Beach to lively classrooms. Others experienced the uneasy notion of realizing that the summer reading book put off all summer was actually due on the first day of school. Whether or not my fellow teachers called my bluff this week is obviously not important, for school is very much back in session.

The first week brought with it what many seasoned vets, like myself, experience every year; reunions, excitement, and a bit of controlled chaos. As waves of students hoarded the Guidance Office to fine-tune their schedules, many of the new faces (also known as freshmen) hurriedly paced through the halls looking for their classes that are scattered throughout the high school. Now that everything has begun to settle in, the potential and promise of

this school year is apparent.

We, seniors, are prepared to make our last year at Cohasset High a memorable one. With the college application process nearing its peak, nerves are on edge in finalizing the individually unique strategies of getting into the ideal dream school. For more controllable events in our daily lives, Student Council is planning a busy schedule with class favorites including Spirit Week, pep rallies, and Homecoming; all in the near future. Other important organizations have begun to take shape such as our beloved school newspaper, The Spinnaker, as the staff prepare for their first issue, due out sometime later in the season. For the sophomores and juniors at CHS, they are beginning to understand the importance of those years as far as the academic workload.

There are some notable changes at CHS that are worth pointing out. To all who drive to school on a



CONNOR CURRAN

daily basis, I am happy to announce that our administration re-painted the lines in the student parking lot. No more shall we have to guess where to park our cars according to the faded lines barely visible. The school also evidently has made large strides in the use of technology in the high school. Many teachers have made it apparent that their entire grade books will be available to view online, helping the students at CHS keep an up-to-date look on how their academics are progressing throughout the coming school year. With all that's new in the school, I know my fellow classmates and I are looking forward to a rewarding and eventful year.

So hold on to that last bit of summer folks, and until next time, Free Tom Brady.

—Connor Curran is a *Mariner* columnist, CHS senior and football co-captain.

COHASSET FARMERS MARKET

Pizza party on
Common Sept. 15

Fire it Up Flatbreads will be back on the Common next Thursday Sept 15th. Enjoy a bit of autumn sunshine browsing the market and picking

up local fresh produce, fish & meats, honey and bread. Follow the aroma of the wood fired flatbreads and treat yourself and family at the Market Café with one of George and Celia's new favorites, homemade BBQ chicken pizza! Soak up September at the market while it lasts!

up local fresh produce, fish & meats, honey and bread. Follow the aroma of the wood fired flatbreads and treat yourself and family at the Market Café with one of George and Celia's new favorites, homemade BBQ chicken pizza! Soak up September at the market while it lasts!

For the Common-wealth

With the revival of the market, 20 years ago, the founders were looking for ways to draw visitors into the center of town to enjoy and support not only the downtown businesses but the farm fresh foods, crafts and community events on the Common. As the 20th anniversary market season draws near with the last Thursday in September, the market would like extend a thank you invitation to local Cohasset businesses or organizations to be our guests and showcase or promote the mission of their organization on the Common, on Thursday, September 15th. Please contact Michele@Cohassetfarmersmarket.com for more details by Monday, September 12th.

My dog's day out!

The Annual Pet Parade, will take place Thursday, Sept. 22nd at 4:30 p.m. All types of animals are welcome as long as they can be on a leash, or in a cage that can be pulled or carried. Stuffed animals also welcome! There are four categories this year: Best Pet Costume, Best Pet Costume – non canine, Cutest Critter and for the brave and creative, Best Pet & Owner Costume Combo. Prizes will be awarded for creativity and originality. Judging to be done by Ava & Diane Mascart-McKeon of Happy Pup.

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Trueblood Hall has been restored to a pristine condition after a leaking pipe caused substantial damage to the walls and floor. WICKED LOCAL STAFF PHOTOS / ROBIN CHAN

PARISH

From Page A1

are a statement on how we want to be together."

McKetchnie takes up the mantle from the Rev. Jill Cowie, who announced her resignation in April and departed the church at the end of the school year in June.

McKetchnie started work on August 1 and will preach his first sermon on Sunday, Sept. 11 – followed by the first Sunday brunch in the reconstructed Parish House, which has been closed since February due to flooding from a burst pipe.

The one-hour service will begin with what McKetchnie called an "ingathering." After being apart for the summer, congregants will each bring a small vial of water from somewhere they've traveled or someone they've visited and pour it into a shared bowl as a symbol of coming back together in community.

As for the sermon, McKetchnie wants it to be more about listening than talking. He meditates daily about the challenges facing him and his church community, and journals about the same. He said it helps him show compassion.

"Good ministry requires deep listening," McKetchnie said. "I want to realize what they struggle with, and then I want to preach to that struggle."

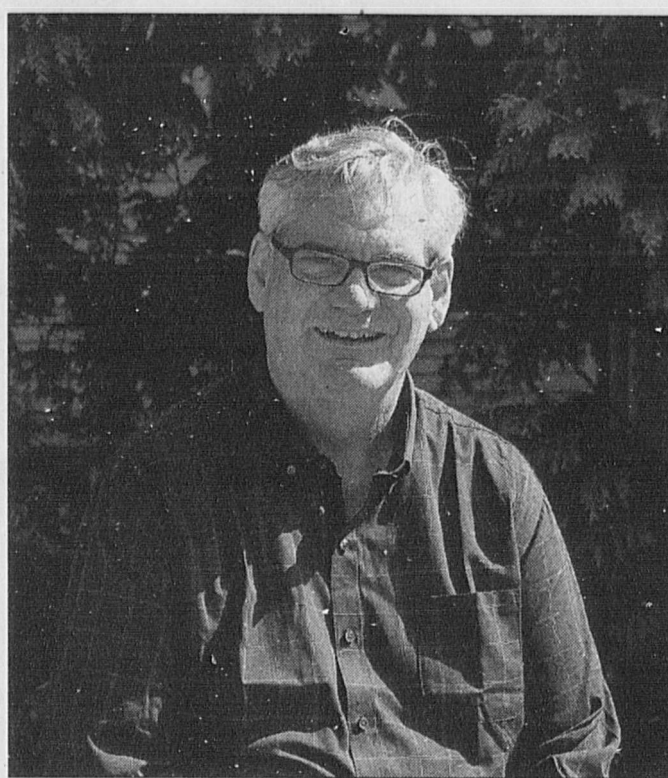
For instance, he said, the topic of sin – dreaded by pastors and parishioners alike – is really about identity, and that's a topic that reaches all humans. McKetchnie also plans to explore universal ideas like forgiveness, tolerance, and what it means to be in a covenantal community.

"You don't preach to show how smart you are," said McKetchnie. "You do it to reach the most people."

That, for him and for many Unitarian Universalist ministers, includes using references outside of the Bible. McKetchnie said he reads two books per week in order to keep his perspective fresh.

"There's always a different perspective, and mine have been influenced by many sources," he said. "I don't bring to my ministry a need to convince people of what to believe, but to help people articulate what's already in their heart and meet them where they are."

"For some," he went on, "tolerance" means that, even if I think your beliefs are foolish, I'll put up with



Rev. Bob McKetchnie became a minister because he loves people, which he credits to his large family growing up in Jamaica Plain.

them. But it's more pluralistic here."

"We believe that we can learn from those other points of view," said Diana Kornet, chairwoman of the Parish Committee.

Nancy Sandell, who chaired the property committee overseeing reconstruction after the flood, agreed.

"In the world and the country we're living in, with all the things that are pulling us apart, I feel really strongly that the UU principles of tolerance and acceptance are more relevant than ever before," Sandell said.

McKetchnie took the long road around to that viewpoint. He grew up Catholic and sang in the choir from the age of five. Then, as a young adult, he realized that Catholicism was his parents' religion, not his. So he took a break from church.

Almost a decade later, he found himself in Dallas, missing that church foundation he'd grown up with. He missed the singing, too. He visited a Unitarian Universalist church at the end of his street and identified with the principles right away. He couldn't believe it had taken him so long to find it.

After working 16 years in the business and private sector, and after relocating to Massachusetts, he heard the calling and went to divinity school at Andover-Newton Theology School at the age of 39.

Now a resident of Attleboro, McKetchnie served two years as interim minister for a church there. He has also been an interim for churches in Greenwich

and Fairhaven. First Parish Cohasset will be his first permanent position in six years; before that, he pastored First Parish Medfield for 10 years.

"I became a pastor because I love people," said McKetchnie. "I like getting caught up in people's lives – all the sadness and all the happiness of their lives."

Of course, it doesn't hurt that he's now the pastor of what he calls "the nicest church in town." Most of the Parish House had to be completely redone after the Valentine's Day flood, which wrecked almost the entire first floor. A couple of older rooms survived, but the rest had to be gutted.

The Parish House now boasts new floors, new walls, and new bathrooms.

The Carriage House Nursery School was able to move back in for the start of the school year after borrowing space from the Rec Center last spring. Alcoholics Anonymous will also be able to start using the space again after meeting at Second Congregational Church for the past six months.

First Parish recently restored its organ, but that was unrelated to the flood. Still, said Sandell, it's kind of a big deal. "Restoring an organ isn't like tuning a piano," she said.

Stop in to hear the music – including Rev. McKetchnie singing the bass line – from 10 a.m. to 11 a.m. on Sundays. Church school is provided for children in pre-K through high school.

—Follow Amanda on Twitter for updates: @MarinerAmandaT

VISIT

From Page A1

Town Committee. "Cohasset has been a strong supporter of him. He crosses party lines and has an inclusive, good government message."

"We're looking forward to bringing this back as a signature event in Cohasset," Creighton added. "And I can't think of a better venue than the Sailing Club. It's such a spectacular example of local initiative and a non-profit organization that serves the kids of Cohasset. We want to have it here every year."

Funding for the venue was provided by a generous sponsor. Donations were also made to the Lightkeeper's House so that guests can use the parking lot there.

Creighton said that, although this event is usually a fundraiser for a scholarship provided by the committee later in the year, members agreed to keep it free of charge this year since it falls on Sept. 11. All are welcome – "Even Bernie supporters," joked Creighton.

In all seriousness, he explained, "We believe the true human rights issues are the rights of individuals, not necessarily those granted and enforced through government. That's what freedom is about. Our Republican candidates are very inclusive and geared toward attracting wider support."

Creighton credited State Committeeman Peter Buckley of Cohasset with arranging Baker's appearance. The governor will be attending close to a dozen events throughout the day.

Other local Republican candidates will also speak at the picnic, including state Senator Patrick O'Connor and the winner of Thursday's State Primary election for state representative. With the exception of Baker, speakers will be limited to five minutes at the podium.

"The flash format keeps it fast-paced, interesting, and exciting," Creighton said. "The audience really gets to see who these people are without having to listen for too long."

The picnic goes from 3:30 p.m. to 6:30 p.m. The Armstrong Brothers, a local Irish music band, will perform for the first hour. Guest speakers will present until the governor arrives at 5:30.

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ADDICTION

From Page A1

St. Stephen's Episcopal Church, who is in recovery, herself.

The candlelight vigil starts at 8 p.m. and will be open to the whole community. Anyone who would like to remember their loved one at this event should send that person's name, picture, and age to Christine Murphy, president of Safe Harbor, via email: Christine.Murphy02025@gmail.com.

Event tickets are available for \$100 at IntoTheLight143.weebly.com. Donations from non-attendees are also welcome. The coalition aims to raise \$50,000, with all proceeds supporting their work against the opioid epidemic.

When members of the Flanagan and Moore families approached Murphy about doing an event like this, the coalition president couldn't have been more on board.

"This has been a very clandestine and hidden issue here in Cohasset," said Murphy, who lost her husband to substance use disorder. "I'm aware of multiple families dealing with it. We need to take the stigma away. That's why we're not using the word 'addiction' – it connotes negativity and shame. It's 'substance use disorder,' and it's a chronic brain disease."

That means it can happen to anyone, regardless of age, education, or socioeconomic status.

Jeff graduated from B.C. High and UMass Boston before working for Edward Jones in St. Louis. He loved basketball and played lacrosse in college. His first introduction to OxyContin came after he tore his shoulder playing lacrosse. He fought the disorder for 10 years.

"Both Jason and Jeff were kind, gentle, funny people," said Deb Flanagan. "But the addiction is more powerful than your cognitive brain functions. It overrules morality and common sense. People look at addicts as terrible people because they steal and lie, but nobody intended to be that way when they started to experiment with drugs. They hate what they do, but they're powerless."

Jason's family declined to comment for this article.

Fighting the disorder is difficult enough. Yet there are a host of other issues that make it even more of a challenge.

In the 1990s, doctors were encouraged to manage pain using OxyContin. The drug companies told them it was not addictive, and it's been widely prescribed ever since, even though its addictive nature has long been proven.

Over-prescription of addictive opioids has put many patients who are susceptible to substance use disorder in a bad position.

When they can no longer get the prescription, they turn to cheaper alternatives like heroin.

The good news is, Murphy said that prescription numbers are finally going down this year.

"Great strides are being made at South Shore Hospital, Beth Israel Deaconess Medical Center in Plymouth, and Milton Hospital to limit pills prescribed after procedures," Murphy reported. "They're not being given to people who are susceptible."

Another complicating factor is that many suppliers have started lacing drugs with even more dangerous substances, either to cut on costs or to enhance the effects of the base substance. Local law enforcement has found both heroin and marijuana laced with fentanyl, which is 50 to 100 times stronger than morphine.

Someone who is addicted to heroin is used to taking a certain amount of that drug. But if the dose is laced with fentanyl, it could kill them. Murphy said that's one reason behind the rise in overdoses.

The good news is, Safe Harbor's hard work has begun to pay off.

"There have been no teen alcohol incidents this summer," Murphy reported. "That means we're making a difference."

—Follow Amanda on Twitter for updates: @MarinerAmandaT

MEETING

From Page A1

care to ensure that the language of the statement would be inclusive and positive, yet not get off track by painting Cohasset as a "special snowflake" of a town – a sentiment that would be both trite and unproductive, the board felt.

That's why they used the words "dynamic community" instead of "unique." "Dynamic" encompasses the constant activity and

passionate involvement of Cohasset citizens, whereas "unique" was too vague to be useful.

It was not enough for the board to "connect" with the community; they wanted to "energize" and "engage" by working with its residents, businesses, and employees.

"Community isn't just a place," said Selectman Steve Gaumer. "And it isn't just who lives here. It includes staff and whoever is passing through."

After completing the mission statement, selectmen laid out a plan for

accomplishing their fiscal 2017 goals and objectives, with concrete calendar deadlines and milestones for each.

Goals include developing a plan for the reconstruction of Town Hall and the public safety facility, cataloging public and private ways in town, digitizing records, and revisiting the boards and committees structure to help volunteers be more effective leaders.

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OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

Affordable child care

Donald Trump and Hillary Clinton agree on this much: The federal government should do more to help families pay for child care.

They're surely right. Here in Massachusetts and in many parts of the U.S., putting children in a day-care center has become the single greatest expense parents face, exceeding the cost of housing. And it's growing: From 2009 to 2016, the cost of child care and nursery school jumped 21 percent, nearly twice the rate of inflation overall.

Trump's proposed solution is to allow parents to deduct the average cost of child care from their taxes. That may sound like a generous offer, and it would indeed be expensive. The trouble is, it would do nothing for families most in need of help. After all, the median household pays just \$9,000 in federal taxes; 45 percent pay no federal income tax at all. (Trump's campaign says he will also extend the deduction to half of payroll taxes, and will provide details about this plan later on.)

In theory, Clinton's strategy would help many more families. She promises to limit the amount parents pay for child care to 10 percent of their income. But her campaign hasn't said how she would achieve that goal, or at what cost.

Some expansion in federal assistance is certainly needed. The existing income-tax credit for child care costs is limited to \$600 to \$1,050 per child, depending on income. Yet the average price of home day care for an infant ranges from almost \$5,000 a year in Tennessee and South Carolina to twice that in Florida, New York and Massachusetts. Child-care centers are typically even more expensive: In many states, the annual cost to cover an infant and a four-year-old together is more than

Trump's proposed solution is to allow parents to deduct the average cost of child care from their taxes. That may sound like a generous offer, and it would indeed be expensive. The trouble is, it would do nothing for families most in need of help.

\$20,000.

Beyond enlarging the tax credits, the federal government should pay them in advance - much as President Barack Obama's health-care law provides subsidies for health insurance premiums at the time they need to be paid. And as with Obamacare subsidies, child-care tax credits should be paid directly from the government to child-care centers.

The Center for American Progress has proposed such an approach. Its plan would offer tax credits of as much as \$14,000 per child, and limit families' spending on child care to 12 percent of their income.

Any changes in federal policy would do well to also raise the quality of child care. The country's 285,000 child care workers earn less than \$21,000 a year on average; even so, only a third of infant care settings meet the staffing ratios that experts recommend. And more than one-third of workers at home-based child care centers have only a high school degree or less.

Of course, none of these strategies would be cheap. CAP says its tax credit proposal would cost taxpayers \$40 billion annually. But kids who get quality day care at an early age often do better in school, and their parents are more likely to work. These benefits could be well worth the price.



HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.

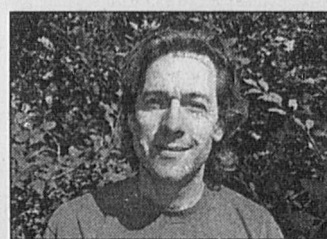
GROWING ON THE FARM

A lot can happen in a week

The little bit of disappointing rain that now falls (we were insured three days) will not go very far to help the young broccoli seedlings transplanted last week. Nor will it help the soil as we get set to sow spinach for a fall harvest. The drizzle will certainly dampen the spirits of the farmers who must continue to water the fields where summer crops and arugula wait for continued growth.

The rain and clouds that fall and preside also remind the students walking back to school that summer is over. Though heat will return, as the summer season does not officially end until Sept. 21st, it feels as if the days of sleeping in late and staying up even later have come and gone. Many students can no longer leisurely read a book; they now face daily deadlines and assignments.

Damp too are the spirits of Cohasset students who hop out of a car or bus to the Osgood School, where the late Laura Keating used to teach. The fortunate students and colleagues who came to



JON BELBER

learn from her now have a large void. A bright, kind smile would greet everyone who entered her room. With a ballerina's grace, she would welcome you to her room and share joy in an activity. She helped lead the 1st graders to the farm each year, a now annual trip where the students sow seeds, visit the animals and learn first hand about organic growing. As we try and teach about what plants need, Laura taught about what children need. The rain is heavy in many hearts who now miss her.

When there is grief on one hand, one can usually and hopefully find happiness in another. With the sun shining and the promise of rain in the distance, there was a wedding at the farm. Regular, reliable customers still came to the crowded barnyard to buy tomatoes, long for

The rain and clouds that fall and preside also remind the students walking back to school that summer is over. Though heat will return, as the summer season does not officially end until Sept. 21st, it feels as if the days of sleeping in late and staying up even later have come and gone.

salad, and purchase other vegetables we have culled from the dry, dry ground. The empty edges of fields were full of cars packed with wedding guests, who came from San Francisco, Maine and the Cape to sit in a fallow field beside the woods on white chairs and hear vows, cheers and see family and friends.

Weddings happen often and this one on the farm was a nice bit of farm appreciation. The wedding party and guests could not help but stroll by fields where flowers are in bloom and crops are trudging on, determined to grow and find their way to homes and dining tables.

In one week a lot can happen in our world and on our farm: loss and new beginning. Where to put the two as we grow on? Maybe the pattern of

weather will change and be more inclined to help the fall crops? Perhaps all the matriculated 1st graders from the Osgood and all who knew Ms. Keating will cultivate their memories of her each day. Hopefully the bride and groom will hold that setting sun as a reminder of the good fortune to come.

Let it drizzle, let it pour and let the sun shine every day if it must, for the crops and fruits will keep being tended, both in the ground and for those walking to and from school.

—Jon Belber is education director at Holly Hill Farm and can be reached at: jbelberhollyhill@hotmail.com. Visit: hollyhillfarm.org for more about the farm and farm activities.

Cohasset Mariner

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LIBRARY KIDS

Reading logs support Working Dog Foundation

Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit our website at: cohassetlibrary.org.

Reading Logs: Get your reading logs in so we can tally them up and make

our contribution to the Cohasset Working Dog Foundation. The Friends of the Cohasset Library will donate \$1 for each reading log returned. This is a great way to thank CWDF for providing therapy dogs for our Reading Partners program. To

learn more about CWDF, go to cohassetworkingdog.org.

Weekly programs:
■ Story Time with Mrs. Moody: 10:30 a.m. Sept. 13, 20 and 27 in the Meeting Room. Generously funded by the Friends of

the Cohasset Library.

■ Drop In Crafts: 10:30 a.m. to 1:30 p.m. Sept. 15, 22 and 29 in the Story Room.

■ LEGO Club: 4-5 p.m. Sept. 19 and 26 in the Meeting Room. All ages welcome. All materials provided.

LIBRARY CORNER

Art Center presents Karen Pinard art exhibit

Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit our website at www.cohassetlibrary.org.

Sunday Hours: The library will be open from 2 to 5 p.m. Sundays beginning Sept. 11.

Art Exhibit: The South Shore Art Center presents an art exhibit by Karen M. Pinard

at the Paul Pratt Memorial Library through Oct. 31. Pinard says "The connection between art and nature has always been inspirational. The color harmony and contrast is glorious. Painting for me is not documenting, but rather capturing a glimpse — an experience that is quickly gone. A lyrical rendering is what I want to create — nature radiates so much more than an exact

replication. I hope to capture the essence of the subject with reflective nuances that might evoke a response, or solicit a memory. It remains a challenge to paint images which awaken our emotional selves." Gallery hours are 10 a.m. to 8 p.m. Mondays through Thursdays, 10 a.m. to 5 p.m. Fridays and Saturdays and 2 to 5 p.m. Sundays.

Library Book Group: 10 a.m. Sept. 28. Join us for coffee and discussion of the book "Stones from the River" by Ursula Hegi. All are welcome.

Movie Matinee at the Library: 11 a.m. Oct. 7. Enjoy a free, daytime movie at the library. Light refreshments donated by Shaw's of Cohasset. Call the library for movie details.

ART CENTER 'OUT OF ORDER' ENTRIES ARE SOUGHT

The South Shore Art Center, 119 Ripley Road, is inviting entries of original works with the theme "Out of Order" to

be displayed Nov. 10 through Dec. 18.

The juror for the "Out of Order" exhibition is Nick

Capasso, director of Fitchburg Art Museum.

Entries are due Oct. 10 online at client.smarterentry.com/SSAC.

ALZHEIMER'S JOURNEY

Early detection can make a difference

According to the Alzheimer's Association, more than 5 million Americans suffer from Alzheimer's, with that number projected to grow to nearly 16 million within the next 40 years. In Massachusetts alone, 120,000 people suffer from the disease, and Alzheimer's is the state's sixth-leading cause of death.

The sad reality is that Alzheimer's or another form of dementia might well become a problem for someone you love. But through vigilance, you can help your loved one avoid becoming one of the millions of Americans living with undiagnosed dementia.

It's difficult to overstate the importance of early detection and diagnosis. The sooner dementia is diagnosed, the sooner your loved one can meet with a care team, receive treatment and make the



NADINE SHWEIRI

necessary adjustments in their lifestyle.

We don't yet have a cure for dementia, but early detection can help your loved one maintain his or her quality of life. And you do not have to be a bystander—you can play an invaluable role in protecting your loved one by staying alert for the early signs of dementia.

Here's what you need to know:

■ **Look for disruptive memory loss:** It's not unusual to experience some mild memory loss as we age, but dementia goes beyond this. The basic standard in distinguishing between

"Dementia 101" will be the first presentation of our three-part Demystifying Dementia Series this fall. Call us at 781-749-7114 to learn more or to RSVP for the presentation.

normal, aging-related memory problems and early signs of dementia is memory loss that disrupts your loved one's day-to-day life. Once memory loss begins to interfere with keeping appointments, paying bills, remembering names and retaining recently learned information, it has crossed the line from a normal age-related problem to something more serious and worthy of medical attention.

■ **Trouble articulating thoughts:** People living with dementia often struggle with their relationship to words—they know what they want to say, but they often can't find the words to say it. If you notice your

loved one increasingly struggling to find the right words, or struggling to pronounce words they've never struggled with before, this might be an early sign of dementia.

■ **Problems with images and spatial relationships:** Again, a certain measure of vision loss is often associated with aging. But if your loved one begins to struggle more than usual with reading, depth perception or navigating the space around them, this is likely a sign of something more serious.

■ **Changes in mood and personality:** We all have our good and bad moods, and we can sometimes behave differently on different days. But dementia doesn't just

cause bad moods and the occasional bout of irritability—it can fundamentally alter a person's behavior. If the loved one you've known for all of your life starts behaving in ways that are dramatically different from usual, it could be a sign of dementia.

There are some specific things to look out for that are related to the larger issues outlined above. If your loved one starts displaying poor judgment, especially on issues related to money, or if he or she starts withdrawing from friends and family, that could be a sign of a serious problem.

If you notice any of these problems, it's best to address them head-on and as soon as possible. Having a conversation about dementia with your loved one can be difficult and painful, but it's important to be honest about your concerns. And the sooner

you have the conversation, the sooner you can move forward with getting a professional diagnosis.

If you'd like to learn more about dementia, Bridges by EPOCH at Hingham will host the free presentation, "Dementia 101," at the South Shore Country Club on Wednesday, Sept. 21 at 12 p.m. and 4 p.m. "Dementia 101" will be the first presentation of our three-part Demystifying Dementia Series this fall. Call us at 781-749-7114 to learn more or to RSVP for the presentation.

—Nadine Shweiri is a registered nurse and the Executive Director of Bridges by EPOCH at Hingham. With 15 years' experience in senior care, she has served older adults and their families in a variety of settings including nursing homes, adult day centers and assisted living communities.

GOVERNMENT

Stellar marks for Town Manager Chris Senior

Town manager acers annual review

By Amanda C. Thompson
athompson@wickedlocal.com

The results are in, and Town Manager Chris Senior scored top marks all around on his annual review by the Board of Selectmen. The evaluation was conducted on July 26 and spearheaded by the Town Manager Review Subcommittee, consisting of Selectmen Paul Schubert and Diane Kennedy.

"I'm very grateful for the support I've been given by the community as a whole, by the Board of Selectmen, and by all those who serve," said Senior. "They renewed my contract; that's the first time they've done that for a town manager in a long time."

Senior set four goals for fiscal 2016, each with several action items.

He successfully completed the International City/County Management Association's credentials program, achieved a AAA bond rating for the town, hired a permanent police chief, completed the purchase of 91 Sohler Street (Willcutt Commons), and resolved the lease of the former Our World museum so that the space could be used by the Rec Department.

Many of Senior's goals are ongoing: improvement of internal and external communications, planning for optimal staff organizational structure, developing a road and infrastructure maintenance plan, working on the Master and Open Space Plans, advancing affordable housing goals,

"I'm very grateful for the support I've been given by the community as a whole, by the Board of Selectmen, and by all those who serve. They renewed my contract; that's the first time they've done that for a town manager in a long time."

Chris Senior, Town Manager

and implementing fraud protection policies, to name a few.

While not everything was completed in the yearlong timeframe, everything was undertaken and was moving toward completion, selectmen said.

As for performance standards, Senior met or exceeded expectations in every category: personal, professional and organizational integrity; teamwork and leadership; staff effectiveness; interpersonal skills; customer service; and compliance and promoting a safe workplace.

"Chris always conducts himself with the utmost integrity, professionalism and fairness," said selectmen. In their review, they called his mediation skills "superior" and his conflict approach "reasoned and calm," augmented by strong listening skills.

They praised Senior for introducing the employee wellness program, reorganizing Town Hall office space, and prioritizing human resources to improve the function and morale of staff.

As for core responsibilities, Senior again met or exceeded expectations in all categories: planning, organization and flexibility; communication; job skills and knowledge; problem-solving and decision-making; initiative; and supervisory

oversight and direction.

"We benefit from his ability to focus on and drive important strategic priorities," selectmen said.

"Chris has prioritized transparent and prudent budgeting and budget planning, human resources management, and strategic planning," they said.

The board would like to see a more aggressive approach to upgrade of technology. It also encouraged Senior to use existing technology, such as social media, more effectively. Selectmen felt that Senior needed to further develop his outreach and communication to other boards and committees.

For the coming year, the board urged Senior to prioritize planning for Town Hall renovations and to focus more on time management, including management of volunteer boards and committees.

"My grades went up from last year," Senior quipped after hearing the review. "This is a challenging job, but a fun job. I look forward to continuing to tackle the issues in front of the residents of Cohasset."

—Follow Amanda on Twitter for updates: @MarinerAmandaT

PLANNING MATTERS

Living will, health care proxy and MOLST

I was talking to an older relative recently and he said he had the following legal question for me. "I was at the doctors recently and she asked me if I had a living will. I told her it was none of her business. Was that the right response?" It turns out he thought she had been asking about his "Will," as in the document that distributes his property after he passes away. In that case, it was most definitely none of her business.

But the "living will" she had been referring to was to find out if he had recorded his wishes about his health care. Living will is a confusing name for a vital document that concerns health care choices and it doesn't help that in Massachusetts there are a few different health care documents that serve separate but equally important roles.

Health Care Proxy

This is a legally binding document that appoints agents to make or communicate your health care wishes when you are no longer able to. This document can be obtained from your doctor or hospital, or if you are having other legal documents drawn up by an attorney, they will usually include a health care proxy as well. The document lies dormant until activated by a doctor. You can change the nominations at any point during your life. A health care proxy doesn't usually contain your specific health care wishes, since those can change over time. Every person over the age of 18 should sign a health care proxy, and it's especially important for kids as they head off to college.

This document is also sometimes called a medical power of attorney, advanced health care directive, depending on what state you are in.

In Massachusetts, a health care proxy has to be signed



LEANNA HAMILL

by two witnesses in order to be valid. Keep in mind that most staff in hospitals or nursing homes are not allowed to serve as witnesses so having these documents completed when you are well prevents the stress of trying to find witnesses in an emergency.

Living Will

A living will is not related to a Last Will at all. A Last Will states how your property is distributed. A living will states what your wishes are concerning your end of life care. There is no standard form for a living will, unlike a health care proxy which has to contain certain provisions. A living will can be a statement that an individual writes on their own about their wishes. There are often booklets that can be ordered such as the Five Wishes, and some religions may have their own recommended living wills that are in line with their teachings.

This document is not a legally binding document in Massachusetts; rather its purpose is to assist your health care agent when the time comes to make decisions for you. By writing down your wishes and sharing that information with your family or friends, you can help them feel secure that they are carrying out your wishes and not imposing their own values on you.

This document should be signed and dated by you. You can choose to have witnesses sign it if you like, but it's not necessary. You should share the completed document with the people you have named as your agents, and with other people who care

about you and will be concerned with your care at the end of your life.

Medical Order for Life Sustaining Treatment (MOLST)

A MOLST is a document that you review and complete with your doctor if you are diagnosed with a terminal illness or getting towards the end state of an illness. It is not something you would complete on your own or at your attorney's office. Think of it like a prescription for treatment at the end of your life. It contains specific instructions for medical personnel regarding resuscitation, the use of ventilators, artificial hydration and nutrition, and whether you should be transferred to the hospital. It is signed by you and your physician after an in depth discussion about the issues. It can also be signed by your health care agent if you are unable to make decisions. Like the other documents, your MOLST can be changed during your lifetime. This document is normally printed on bright pink paper since emergency medical technicians are trained to look for a bright pink document prior to beginning life sustaining treatments to patients.

Now that you know what the documents involve and which ones you should complete, go and do them. Your family will thank you and you'll be able to answer your doctor's question when s/he asks "Do you have a will?"

—Leanna Hamill is an estate-planning attorney who helps people figure out what documents they need for their estate plan, and then helps them create them. To learn more about Leanna and her practice, visit her web site HamillLawOffice.com. Alternatively, you can reach her by email at Leanna@HamillLawOffice.com.

BUILDING PERMITS

The following building permits were issued recently at Town Hall:

■ Hillman, 21 Norfolk Road, 11.5 square feet white cedar shingle siding, \$7,500; Frazier, 27 Windy Hill Road, Renovate two baths/refinish interior stairway, \$18,000; Meehan, 354 Jerusalem Road, two frame tents, \$2,500; Hess, 32 Wheelwright Farm, New front door/hardwood flooring/repair interior staircase, \$16,000; Brazeau, 19 Linden Drive, Combine

bath and laundry into new laundry/new door, window, \$15,000;

■ Colonial Way Trust, 7 Stagecoach Way, Fit-out for boxing gym, \$91,700; Colonial Way Trust, 8 Stagecoach Way, Fit-out and remodel for Perch Restaurant, \$27,000; CLM Development, 348B N. Main St., HVAC: gas furnace with ventwork, \$7,500; Crowley, 392 Jerusalem Road, Replace front balcony porch deck, \$5,000; Kittle, 60 Old Pasture Road, Add farmers porch, \$40,000; Toll Brothers, 35 Orchard

Drive, Install two complete HVAC systems, \$12,613;

■ Thomas, 30 Joy Place, 17 solar panels, \$29,963; Migliaccio, 7 Buttonwood Lane, one-story addition/two-car garage/two dormers/install back door, \$120,000; Creighton, 23 Cushing Road, Selective demo and addition with interior renovations, \$23,4493; Kelley, 186 Pond St, Kitchen remodel, \$18,600; Perkins, 216 Atlantic Ave., four pole tents for wedding Aug. 13-22, \$5,500; Wheelwright, 333 Beechwood

St., New SF dwelling, \$42,5000; Zine, 38 Black Rock Road, 47 square foot asphalt roofing, \$20,375; Bennett, 16 Orchard Drive, Frame basement to plan, \$5,500;

■ Haddad, 23 Cedar Acres Lane, kitchen remodel, \$26,700; Jackson, 31 Hill St., remove/replace windows, siding, trim, \$25,000; Lightkeeper's, 15 Lighthouse Lane, 16-by-32 frame tent, \$700; Greek Church, 819 Jerusalem Road., 40-by-80 frame tent, \$1,750; Cataudella, 249 Beechwood St., ground level

deck, \$18,450; Frazier, 27 Windy Hill Road, expand dining room, \$5,000; Hamilton, 298 King St., four square cedar siding, \$3,975; Zuidema, 69 Ledgewood Drive., 20 square asphalt roofing, \$10,790; McDonough, 344 King St, 28 square asphalt roofing, \$13,600; Litwin, 30 Diab Lane, replace existing deck; add railings, \$7200; Toll Brothers, 9 Hemlock Way, New SF dwelling, \$383,760;

■ Riuhimaki, 130 Atlantic Ave., 8 square asphalt roofing/9 square cedar siding, \$15,000; Harris, 66

Brewster Road, Replace one door — no structural, \$3,189; Toll Brothers, 39 Hemlock Way, Install two HVAC systems, \$8,012; Toll Brothers, 44 Hemlock Way, Install two HVAC systems, \$10,412; Jackson, 31 Hill St., Kitchen remodel, \$5,000; Ravanesi, 111 Pond St., Update area in finished basement, \$70,000; Pinard, 85 Fair Oaks Lane, Bath remodel/change closet to laundry, \$39,000; Galecke, 41 Rustic Drive, Reside house/new front dormers, \$65,000; Carcio, 53 Old Coach Road, Kitchen and bath remodel/add two-car garage, \$245,000

UPDATE

Ordelheide reopens Old Salt House

Atlantica, Brisa to follow soon, he says

By Amanda C. Thompson
athompson@wickedlocal.com

The Olde Salt House is officially open, and owner Gerd Ordelheide reported a busy first weekend in business.

"We could have used two more servers," said Ordelheide.

Staffing has been a challenge, he said, because student employees have gone back to school, and others who applied earlier in the summer found other employment while the restaurant's opening was delayed. He's currently outsourcing servers as a temporary solution.

The holdup, said Ordelheide, originated with the local bank that was supposed to handle the transaction. After three months without progress, he switched banks and the process "moved quickly from there."

On August 12, Coldwell Banker formally announced the sale of the Cohasset Harbor Resort, including the Olde Salt House, Atlantica, Brisa, and Cohasset Harbor Inn, for \$12,750,000.

Ordelheide said he bought the properties because the 15 hotel rooms at his other establishment, the Red Lion Inn, were insufficient to accommodate the number of wedding guests that passed through each year. He said he was losing business not

Olde Salt House and Brisa will retain their existing menus, while a new menu will be introduced gradually at Atlantica. Ordelheide plans to change Atlantica's name to "Hugo's" sometime in the winter.

only to Cohasset Harbor Inn, but to hotels in other towns such as Rockland and Hull.

Originally, Ordelheide planned to build condos behind the Red Lion to accommodate more guests.

"Going to Cohasset Harbor Inn is a perfect match," he said.

However, the idea of lodging more guests in condos near the Red Lion is still a long-range vision of his.

Since the sale, a mix of permitting and pre-arranged functions have kept Ordelheide from reopening the businesses, despite his desire to do so.

"It takes time, from a kitchen point-of-view and from a server point-of-view," said Ordelheide. "It takes 140 to 150 people to run the whole operation. Then the Board of Health needed things, and the Fire Department needed things."

If everything goes according to his plan, Brisa will open this weekend, followed by Atlantica the weekend after. However, town officials reported on Wednesday that Ordelheide had yet to obtain the appropriate permits from the Board of Health,

and he can't open without them.

Whenever they open, all three businesses will start out on a Thursday through Sunday schedule. Olde Salt House and Brisa will retain their existing menus, while a new menu will be introduced gradually at Atlantica. Ordelheide plans to change Atlantica's name to "Hugo's" sometime in the winter.

That's not his only plan. Ordelheide also plans to increase functions at Atlantica - "The view is better here," he explained - while keeping the venue open to local diners as it always has been.

"Functions" in this case doesn't mean just weddings. Some of them could benefit the community. Over the years, the high school chorus has performed at Atlantica for special events, and Ordelheide said he wanted to do more things like that.

"I want to have functions for the town and give money to the education fund," he said. "It will be good for the community. Both of my kids were in school here. The school system is excellent and I want to support it."

Finally, Ordelheide

plans to get together with the neighbors to discuss things like noise at Cohasset Harbor Inn and Brisa.

"We will close the door at 8:00 as promised," he said, "and have security at night, when people have been drinking and want to party outside on the balconies. If I had a house here... I would understand it, too. If they're reasonable, I'm reasonable."

No additional delays will be caused by current interim status of management, according to officials. Anil Popat, former Atlantica and Olde Salt House general manager and liquor license holder, was discharged in August, but since a new manager is already in the wings, this will not affect the opening of Atlantica.

The new manager previously handled functions for the Hynes Convention Center, said Ordelheide.

He hopes that one day in the not-too-distant future, he will be able to hold the liquor license himself. Liquor licenses can only be held by American citizens. Ordelheide is German, but he's working on becoming a U.S. citizen this fall.

Ordelheide is confident that the delays and speed bumps he hit over the summer were nothing more than growing pains.

"It's just beginning problems," he said. "We'll get over it. By the end of September, it's over."

Follow Amanda on Twitter for updates: @MarinerAmandaT

UPDATE

School in session

By Amanda C. Thompson
athompson@wickedlocal.com

Everyone survived going back to school, principals reported to the School Committee on Wednesday.

Middle-High School Principal Carolyn Connolly said she'd met with each grade separately, like she does at the start of every year.

"There were lots of nice energy in the building," she said.

The phone system was down and internet access was limited for the start of school, but Connolly said that her staff handled it without complaint.

"There were no bells, but classes ended when they were supposed to end and started when they were supposed to start," said Connolly.

Lisa Farrell, Osgood

School principal, reported more of the same. There's a lot of new staff in her building, but everyone dove right in, even the youngest students. At pre-K and kindergarten orientation, "Only three kids cried - and no parents or staff!" Farrell said.

Deer Hill Principal Jennifer de Chiara was unable to attend the meeting.

Interim Superintendent Louise Demas said she had been very impressed to walk through the halls of all three buildings and find all of the students and teachers already so hard at work.

"Classes were in session like it was the middle of the year," Demas said. "They got right down to business; it was a productive first day."

Follow Amanda on Twitter for updates: @MarinerAmandaT

ELDER AFFAIRS

Caregiver program in Duxbury

Cohasset Elder Affairs will join with the Duxbury Senior Center to present a free workshop, "Powerful Tools for Caregivers," from 2 to 3 p.m. Wednesdays, Oct. 5 through November at the Duxbury Senior Center, 10 Mayflower St.

"Powerful Tools for Caregivers" is an educational series designed to provide caregivers with the tools needed to care for themselves. This program helps

family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

Assistance in coordinating respite care for loved ones is available, if needed. A \$10 fee will be charged for the Caregiver Handbook.

To register: 781-934-5774, ext. 5730; 781-383-9112.

COH



Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

Volume 41-

Report No. 35

Aug. 29 - Sept. 2, 2016



Senator
Patrick O'Connor
(R-Weymouth)
617-722-1646
Room 520



Representative
Garrett J. Bradley
(D-Hingham)
617-722-2520
Room 479

THE HOUSE AND SENATE: Beacon Hill Roll Call records local senators' and representatives' votes on roll calls from both branches' overrides of some of Gov. Charlie Baker's 256 vetoes of spending and other items in the recently signed \$38.92 billion fiscal 2017 state budget. A two-thirds vote in both branches is needed in order for a veto to be overridden.

Baker, citing what he predicts is a projected shortfall of \$650 million to \$950 million in the fiscal 2017 budget, said the vetoes are necessary to help close that gap.

Democratic legislative leaders disagree with Baker and say that his cuts would have reduced funding for many important programs and hurt the disabled, minorities, women, seniors and children.

REDUCE FUNDING FOR PEOPLE WITH DISABILITIES BY \$2.9 million (H 4450)

House 127-27, Senate 36-3, overrode Gov. Baker's veto of \$2,900,000 (from \$109,353,183 to \$106,453,183) in funding for facilities for people with intellectual disabilities.

Baker said that he reduced the funding to an amount projected to be necessary.

(A "Yes" vote is for spending the \$2,900,000. A "No" vote is against it.)

Rep. Bruce Ayers	Yes
Former Rep. Garrett Bradley	Didn't Vote
Rep. Thomas Calter	Yes
Rep. James Cantwell	Yes
Rep. Mark Cusack	Yes
Rep. Josh Cutler	Yes
Rep. David DeCoste	No
Rep. Angelo D'Emilia	No
Rep. Geoff Diehl	No
Rep. Michelle DuBois	Yes
Rep. William Galvin	Yes
Rep. Susan Gifford	No
Rep. Patricia Haddad	Yes
Rep. Randy Hunt	No
Rep. Louis Kafka	Yes
Rep. Ronald Mariano	Yes
Rep. Christopher Markey	Yes
Rep. Matthew Muratore	No
Rep. James Murphy	Yes
Rep. William Straus	Yes
Rep. Walter Timilty	Yes
Sen. Michael Brady	Yes
Sen. Vinny deMacedo	No
Sen. Brian Joyce	Yes
Sen. John Keenan	Yes
Sen. Mark Montigny	Yes
Sen. Patrick O'Connor	Yes
Sen. Marc Pacheco	Yes
Sen. Michael Rodrigues	Yes

ELIMINATE ENTIRE \$500,000 FOR FAMILY RESOURCE CENTERS (H 4450)

House 131-22, Senate 36-3, overrode Gov. Baker's veto of the entire \$500,000 in funding for Family Resource Centers across the state. According to its website, Family Resource Centers are a "statewide network of community-based providers offering multi-cultural parenting programs, support groups, early childhood services, information and referral resources and education for families whose children range in age from birth to 18 years of age."

Baker said that he vetoed this item because it is not consistent with his original budget recommendation.

(A "Yes" vote is for spending the \$500,000 A "No" vote is against it.)

Rep. Bruce Ayers	Yes
Former Rep. Garrett Bradley	Didn't Vote
Rep. Thomas Calter	Yes
Rep. James Cantwell	Yes
Rep. Mark Cusack	Yes
Rep. Josh Cutler	Yes
Rep. David DeCoste	Yes
Rep. Angelo D'Emilia	Yes
Rep. Geoff Diehl	No
Rep. Michelle DuBois	Yes
Rep. William Galvin	Yes
Rep. Susan Gifford	Yes
Rep. Patricia Haddad	Yes
Rep. Randy Hunt	Yes
Rep. Louis Kafka	Yes
Rep. Ronald Mariano	Yes
Rep. Christopher Markey	Yes

Rep. Matthew Muratore	No
Rep. James Murphy	Yes
Rep. William Straus	Yes
Rep. Walter Timilty	Yes
Sen. Michael Brady	Yes
Sen. Vinny deMacedo	No
Sen. Brian Joyce	Yes
Sen. John Keenan	Yes
Sen. Mark Montigny	Yes
Sen. Patrick O'Connor	Yes
Sen. Marc Pacheco	Yes
Sen. Michael Rodrigues	Yes

ELIMINATE ENTIRE \$150,000 FOR DOWN SYNDROME PROGRAM (H 4450)

House 152-0, Senate 39-0, overrode Gov. Baker's veto of the entire \$150,000 for the Down Syndrome Program at the Children's Medical Center at the University of Massachusetts Memorial Medical Center in Worcester. According to its website, the program is a "dedicated multidisciplinary center for infants, children and adolescents with Down syndrome."

Baker said that he reduced the funding to an amount projected to be necessary.

(A "Yes" vote is for spending the \$150,000 A "No" vote is against it.)

Rep. Bruce Ayers	Yes
Former Rep. Garrett Bradley	Didn't Vote
Rep. Thomas Calter	Yes
Rep. James Cantwell	Yes
Rep. Mark Cusack	Yes
Rep. Josh Cutler	Yes
Rep. David DeCoste	Yes
Rep. Angelo D'Emilia	Yes
Rep. Geoff Diehl	Yes
Rep. Michelle DuBois	Yes
Rep. William Galvin	Yes
Rep. Susan Gifford	Yes
Rep. Patricia Haddad	Yes
Rep. Randy Hunt	Yes
Rep. Louis Kafka	Yes
Rep. Ronald Mariano	Yes
Rep. Christopher Markey	Yes
Rep. Matthew Muratore	Yes
Rep. James Murphy	Yes
Rep. William Straus	Yes
Rep. Walter Timilty	Yes
Sen. Michael Brady	Yes
Sen. Vinny deMacedo	Yes
Sen. Brian Joyce	Yes
Sen. John Keenan	Yes
Sen. Mark Montigny	Yes
Sen. Patrick O'Connor	Yes
Sen. Marc Pacheco	Yes
Sen. Michael Rodrigues	Yes

REDUCE FUNDING FOR TUFTS VETERINARY SCHOOL BY \$2 MILLION (H 4450)

House 132-22, Senate 33-6, overrode Gov. Baker's \$2 million veto reduction (from \$5 million to \$3 million) in funding for Tufts Veterinary School in North Grafton.

Baker said that he reduced the funding to an amount projected to be necessary. Some supporters of the veto questioned whether the state should be providing millions of dollars to a private university.

(A "Yes" vote is for spending the \$2 million. A "No" vote is against it.)

Rep. Bruce Ayers	Yes
Former Rep. Garrett Bradley	Didn't Vote
Rep. Thomas Calter	Yes
Rep. James Cantwell	Yes
Rep. Mark Cusack	Yes
Rep. Josh Cutler	Yes
Rep. David DeCoste	No
Rep. Angelo D'Emilia	Yes
Rep. Geoff Diehl	No
Rep. Michelle DuBois	Yes
Rep. William Galvin	Yes
Rep. Susan Gifford	No
Rep. Patricia Haddad	Yes
Rep. Randy Hunt	No
Rep. Louis Kafka	Yes
Rep. Ronald Mariano	Yes
Rep. Christopher Markey	Yes

Rep. Matthew Muratore	Yes
Rep. James Murphy	Yes
Rep. William Straus	Yes
Rep. Walter Timilty	Yes
Sen. Michael Brady	Yes
Sen. Vinny deMacedo	No
Sen. Brian Joyce	Yes
Sen. John Keenan	Yes
Sen. Mark Montigny	No
Sen. Patrick O'Connor	Yes
Sen. Marc Pacheco	Yes
Sen. Michael Rodrigues	Yes

ALSO UP ON BEACON HILL

BAN SMOKING IN CARS WITH CHILDREN (H 1976) - The House gave initial approval to a bill that would prohibit smoking in any motor vehicle in which there is a child who is required to be in a child passenger restraint. Under Massachusetts law, children must use a restraint until they are at least eight years old or at least 57 inches tall. The measure imposes a \$100 fine on drivers who violate the ban.

The proposal prohibits a police officer from searching a motor vehicle, its contents, the driver or a passenger solely because of a violation of this law. It also prohibits the violation from being used as evidence of contributory negligence by the driver in any civil action and requires officers, for 90 days after the law is in effect, to give only a warning and not a citation to a driver who violates this law.

Supporters said that second-hand smoke causes respiratory problems, ear infections and mental health disorders including depression. They noted it can also make a child's asthma worse.

NO AUTOMATIC INCOME TAX AND LONG-TERM CAPITAL GAINS CUT IN 2017 - The State Department of Revenue announced that there is insufficient economic growth under the terms of a 2002 law that determines whether there will be a tax cut in January of each year. This is unlike last year when there was sufficient growth that led to a reduction in the income tax rate and long-term capital gains tax from 5.15 percent to 5.10 percent effective January 1, 2016.

The tax cuts do not need the approval of the Legislature. They are part of a system devised by the Legislature when it approved a \$1 billion-plus tax hike package in 2002. The package set the long-term capital gains tax at 5.3 percent and froze the income tax rate at 5.3 percent instead of allowing it to drop to 5 percent in January 2003 - a reduction that was approved by voters in 2000. The 2002 law also includes an automatic trigger that reduces both taxes by one-half of one percent each year that the state's economic growth is at least 2.5 percent until each tax is reduced to five percent. This year's economic growth was only .975 percent over last year, not even close to the 2.5 percent growth required.

PROPERTY TAX REDUCTION FOR INSTALLING A FIRE PROTECTION SPRINKLER SYSTEM (H 4523) - A hearing was recently held on a late-filed bill that would provide a property tax reduction to an owner of a two-family or multifamily residence who pays for the installation of a fire protection sprinkler system. The one-time credit would be equal to 30 percent of the price of installation. The proposal is a local option one which would only apply to cities and towns that vote to opt into the measure.

Supporters said this would encourage these owners to install these systems which can prevent injuries and even save lives.

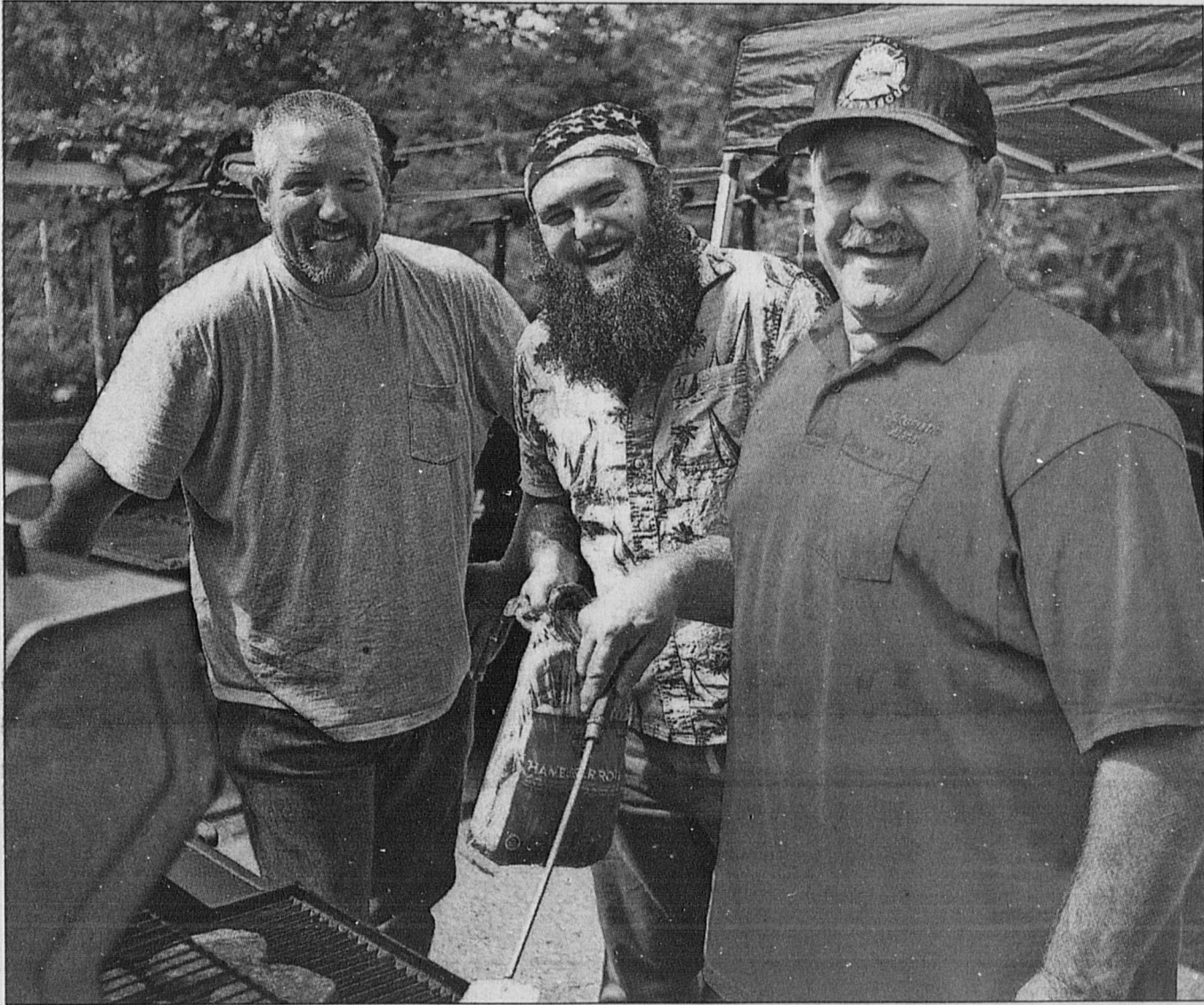
COURTHOUSE NAMED FOR FORMER SENATE PRESIDENT THERESE MURRAY (S 2420) - The House and Senate approved and sent to Gov. Baker a bill naming the Plymouth Trial Court after former Senate President Therese Murray for "her service as president of the senate and her tireless advocacy on behalf of the people of Plymouth county." Murray, the first woman senate president, served in the Senate from 1993 to 2015 and was the senate president from 2007 to 2015.

HOW LONG WAS LAST WEEK'S SESSION? Beacon Hill Roll Call tracks the length of time that the House and Senate were in session each week. Many legislators say that legislative sessions are only one aspect of the Legislature's job and that a lot of important work is done outside of the House and Senate chambers. They note that their jobs also involve committee work, research, constituent work and other matters that are important to their districts. Critics say that the Legislature does not meet regularly or long enough to debate and vote in public view on the thousands of pieces of legislation that have been filed. They note that the infrequency and brief length of sessions are misguided and lead to irresponsible late night sessions and a mad rush to act on dozens of bills in the days immediately preceding the end of an annual session.

During the week of August 29-September 2, the House met for a total of 40 minutes while the Senate met for a total of 47 minutes.



The annual Tolman MDA Telethon at Sha'aray Shalom, Main Street in Hingham. This is the 40th year of the telethon on Monday, Sept. 5.



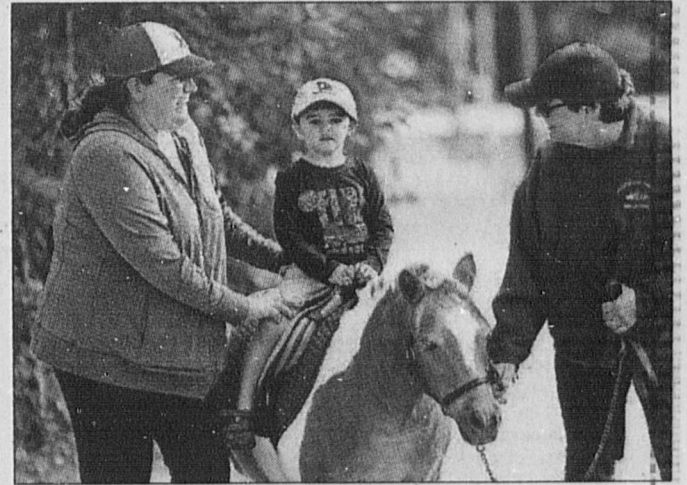
Burger masters from left, Larry Wentworth, Josh Antoine and his dad Mike. Mike has been volunteering at the telethon for 30 years.



Tally board for the telethon.



Friends Ellen Quirk, Margaret Curtis and Casey Quirk get together for a fun photo in the HippiePixs mobile photo booth.



Mom Lauren Burm of Hingham with son Matthew, 4 who got a ride on "Snap" a pony with Derelee Twombly owner of Ponies for Parties of Middleboro.

TOLMAN MDA EVENT

Commitment to a cure

Staff photos by Greg Derr

The 40th Anniversary of the Tolman Family Telethon over Labor Day weekend, held at Congregation Sha'aray Shalom on Main Street, raised more than \$16,000, bringing the total raised over the course of the event's history to about \$615,000.

"The Telethon was well-attended as was anticipated, but the happily unrealized storm [at least during the daytime Monday] may have kept folks from the beach and BBQs and looking for a fun way to spend Labor Day," Jodi Tolman said.

The Tolman Family was honored by MDA for 40 years of commitment to the cause of ending muscular dystrophy with the gift of a beautiful mounted clock, with family members Chloe Tolman and Charlie Jarboe

honored, although not present.

Jay Tolman, who began the event in 1976 from his family home in Hingham and has conducted the annual fundraiser for the past 40 years, was honored by his wife, Jodi, for his selfless dedication to the cause, with the announcement that a beautiful bench will be installed in Hingham to commemorate his commitment and decades of hard work.

Without the help of the Hingham police and fire departments, as well as many volunteers who show up every year asking what they can do to help, the Tolmans gratefully acknowledge that they could never achieve the success they do year in and year out.

The Tolman family lives in Cohasset.

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- Cohasset 739 Chief Justice Cushing
- Hanover 55 Columbia Rd.

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FREE

with \$25 minimum purchase

Lucerne Shredded Cheese or Bar Cheese 8 oz.

Must present this coupon at time of purchase and meet minimum purchase requirement after all other valid coupon redemptions and discounts. One per customer. Coupon may be combined with similar offer when the combined purchase threshold has been met. Void if copied or transferred. Offer excludes prescription products, alcohol, tobacco, certain dairy products (where prohibited by law), money orders, postage stamps, lottery tickets, wire transfer services, gift cards and services provided as a convenience for our customers. Valid at Shaw's. Effective through 9/17/16

10001 00846 0

shaw's STORE COUPON Expires 9/17/16

FREE

with \$25 minimum purchase

Bulkie Roll 6 Pack from the Bakery

Must present this coupon at time of purchase and meet minimum purchase requirement after all other valid coupon redemptions and discounts. One per customer. Coupon may be combined with similar offer when the combined purchase threshold has been met. Void if copied or transferred. Offer excludes prescription products, alcohol, tobacco, certain dairy products (where prohibited by law), money orders, postage stamps, lottery tickets, wire transfer services, gift cards and services provided as a convenience for our customers. Valid at Shaw's. Effective through 9/17/16

10001 00858 3

shaw's STORE COUPON Expires 9/17/16

FREE

with \$25 minimum purchase

Reusable Grocery Bag designs may vary

Must present this coupon at time of purchase and meet minimum purchase requirement after all other valid coupon redemptions and discounts. One per customer. Coupon may be combined with similar offer when the combined purchase threshold has been met. Void if copied or transferred. Offer excludes prescription products, alcohol, tobacco, certain dairy products (where prohibited by law), money orders, postage stamps, lottery tickets, wire transfer services, gift cards and services provided as a convenience for our customers. Valid at Shaw's. Effective through 9/17/16

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WICKED LOCAL HEALTH & FITNESS FESTIVAL

Presented by
shaw's Osco

WHEN:

Saturday, September 17
10am - 4pm

WHERE:

Cross Insurance Pavilion
Gillette Stadium
Foxboro, MA

**FREE
ADMISSION
&
PARKING**

**JOIN US FOR A FUN AND INFORMATIVE DAY
FULL OF HEALTHY ACTIVITIES FOR THE ENTIRE FAMILY!**

- | | |
|--|--|
| 10:15 - 11:00 am Take your game to another level with personal coaching with CoachUp | 1:15 - 1:45 pm Eat Like An Olympian, Donna Dolan, Wellness Services Project Manager, Shaw's Supermarkets |
| 10:30 - 11:00 am BMAX Demo with Andy Berler, Creator of Berler Maximum Activation Xtreme | 2:00 - 2:20 pm Piloxing Demo/Class with Lindsay Denault, Elite Dance Center |
| 10:15 am Shaw's Healthy Cooking Demonstration, Shaw's Pavilion | 2:00 - 2:30 pm Parents Guide to Concussion Dr. Ellen Geminiani, Boston Children's Hospital, Division of Sports Medicine |
| 11:10 - 11:30 am Zumba Demo/Class with Lisa Kohne, Fierce Love Fitness | 2:30 - 2:50 pm CoachUp Strength & Fitness Clinic with Coach Tarah Novak |
| 11:15 am - 11:45 pm Five Steps to Aging Healthy for Peak Performance. Donna Dolan, Wellness Services Project Manager and Michael Halle, Patient Care Services Manager, Shaws Osco | 2:30 pm Shaw's Healthy Cooking Demonstration, Shaw's Pavilion |
| 12:00 - 1:00 pm Celtics Legend Leon Powe, Interview & Q&A | 2:45 - 3:30 pm Navigating the Student Athlete College Search & Recruiting Process, Nick Michael, Odyssey College Search |
| 11:40 am - 12:00 pm CoachUp Basketball Clinic with Coach Brandon Ball | 3:00 - 3:20 pm Yoga with Maureen Delaney |
| 12:10 - 12:40 pm BMAX Demo with Andy Berler, Creator of Berler Maximum Activation Xtreme | 3:30 - 3:50 pm Zumba Toning with Lisa Kohne, Fierce Love Fitness |
| 12:50 - 1:20 pm American Ninja Warrior Demo with Action Athletics | |
| 1:15 - 3:15 pm Real Men Wear Pink Crossfit Challenge to benefit American Cancer Society, Hosted by Crossfit 617 | |

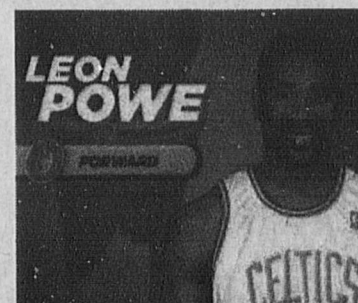
*Schedule is subject to change.
Watch the website for updates.*



Come see American Ninja Warriors, Jon "The Giant" Alexis and Jesse "Flex" Labreck

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Celtics 2008 NBA Finals Champion
Leon Powe

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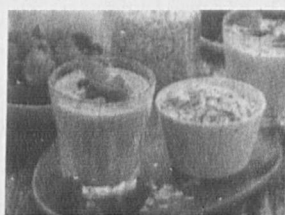
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SPORTS

MORE INSIDE

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QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

Send your stuff

William Wassersug is the Sports Editor for the Cohasset Mariner. Please send your story ideas, stories and photos to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsguy.

HIGH SCHOOL GOLF

Skippers win

The Cohasset golf team won its opening match Tuesday, Sept. 6 winning 5 of 6 matches against Carver then followed with a 111-102 win over Norwell Wednesday, Sept. 7.

Cohasset is at Abington Monday, Sept. 12 and hosts Middleboro Sept. 14.

GIRLS SOCCER

Cohasset wins opener

The Cohasset girls soccer team started the season with a 1-0 win over Carver, Wednesday, Sept. 7.

Emma Loft picked up the shutout in net, making 11 saves. It was her first varsity win.

The girls host Middleboro Monday, Sept. 12 and are at Abington, Wednesday, Sept. 14.

THE U AT STAR LAND

Fall Soccer and Volleyball Clinics

The U at Star Land will host volleyball and soccer clinics beginning September 13, and the U Play After School Soccer Program will also be returning. The U is also offering a new day for the U Play Mini's on Tuesdays as well as a new U Play Mini's Multi-Sport on Wednesdays. Finally there will be a Volleyball clinic on Sundays with Roberta. Sign up for all of these clinics online at www.theuhanover.com under youth academy for the corresponding sport.

CROSS COUNTRY

Elementary School Championships

The Third Annual Massachusetts Elementary School XC Championships, hosted by Lynn Parks & Recreation and Gannon Golf Course will be Veterans Day, Friday, November 11 at 9:30 a.m. at Gannon Golf Course, 60 Great Woods Road, Lynn, Massachusetts.

The event is for youngsters of all abilities.

The event's goal is to expose youngsters to the joy of running and to encourage schools to introduce their students to a healthy, inexpensive life long activity.

There is no entry fee. All students of public, parochial, charter, private elementary schools and home schooled of Massachusetts are eligible.

The school does not need to have a formal cross country program or team for one to enter this meet.

For more information and registration form, visit www.lwrun.org/

FOOTBALL

New group, same formula

Grid gang seeking tenth straight winning season

By Mike Molyneaux

Change is inevitable when it comes to high school football. For Cohasset, last season's heartbreaking 42-14 loss to Millis-Hopedale in the Division 6 South semifinals was the last game in navy and silver colors for multiple players.

"We lost about 17 seniors at the end of last season," said Cohasset head coach Pete Afanasiw. "Most of those guys had been starters for the last two to three years as well, so that was tough, but we have a lot of young and unproven talent ready to step in."

Afanasiw hopes that those new, fresh legs will help carry Cohasset to yet

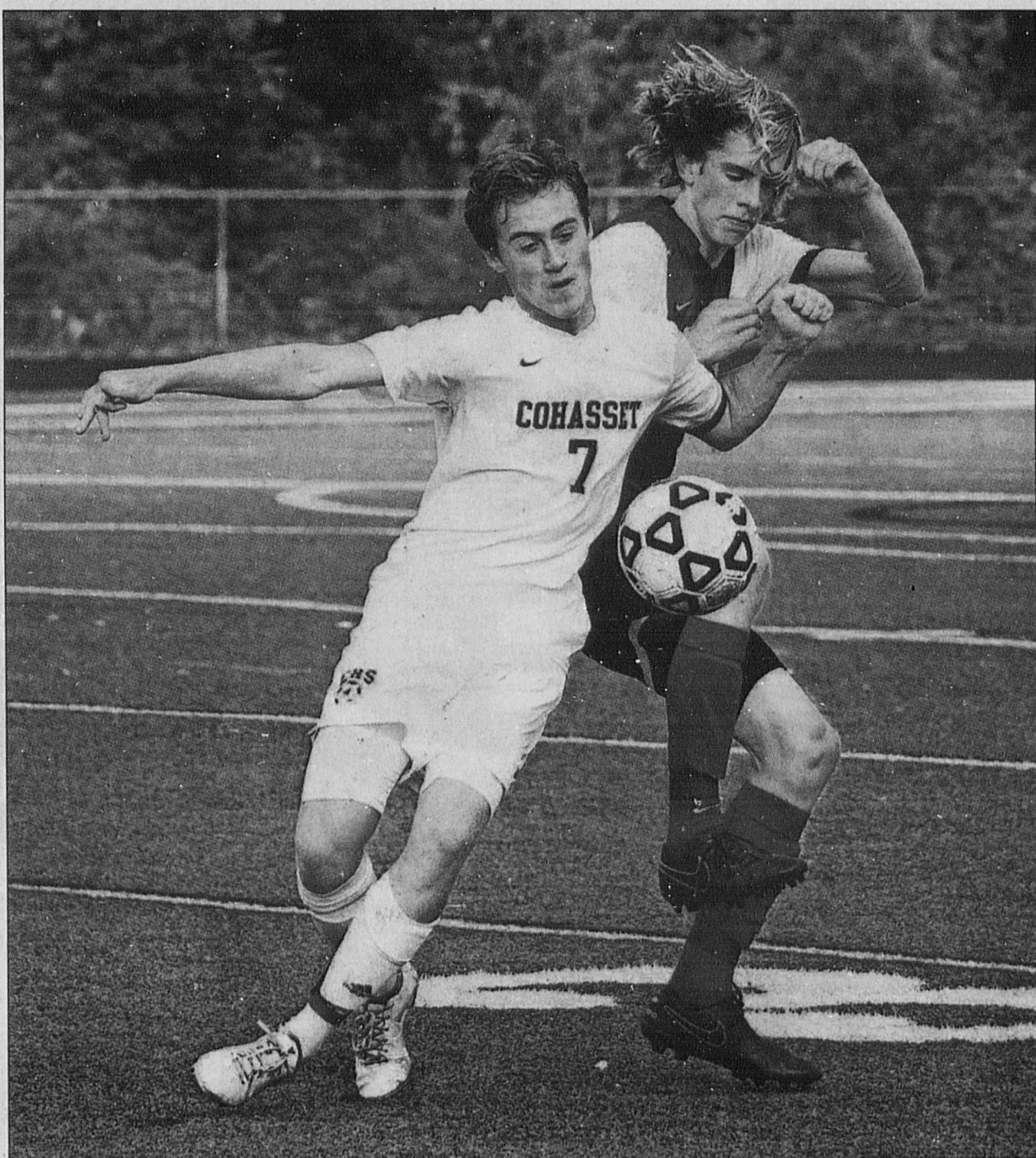


Cohasset quarterback Xander Schubert looks for a receiver as his line blocks for him during a recent practice. WICKED LOCAL PHOTO / WILLIAM WASSERSUG

SEE FORMULA, B2

BOYS SOCCER

Outlook optimistic



Cohasset's Cam Pattison battles during the Skippers' 2-1 win over Carver, Sept. 7. COURTESY PHOTO/BOB PATTISON

Soccer team expecting solid season

By William Wassersug
wwassersug@wickedlocal.com

Cohasset boys soccer coach Jim Willis is optimistic when it comes to the upcoming season, with good reason.

The Skippers lost their season opener 3-0 to Duxbury, Tuesday Sept. 6, but didn't have long to wait to get in the win column, as they beat Carver 2-1 the next day, powered by goals from Lukas Brown and Andrew Sullivan, and goalie

Ian Dunkelberger, who made two huge saves in the first half of his first varsity win.

Thus starts the new season, one where Willis is expecting to have

SEE OUTLOOK, B3

SCICOH FOOTBALL AND CHEER

Honoring 9/11

SciCoh to remember 9/11 before Sunday games

SciCoh Football & Cheerleading to host 15 year remembrance of the tragic events of 9/11.

Ceremony to be held prior to the home youth football games that day.

SciCoh Youth Football & Cheerleading and the Town of Scituate will host a 15th Remembrance Ceremony of 9/11 at the Scituate High School Turf Field, Sunday, September 11, 2016 at 11a.m. to commemorate the tragic events of September 11, 2001 — events that forever changed the course of U.S. History and the lives of every American.

In commemorating the 15th Anniversary of 9/11, we will be: Honoring the memory of all those who died as a result of 9/11. Express and convey our gratitude to the men and women in the military and service sectors for their distinctive and proud service to our country since 9/11/01. Continue to engage our youth in dialogue regarding 9/11 by incorporating our players and cheerleaders into the morning's program.

Order of events:
 Honor Guard, Taps, God Bless America - Lauren Flynn, SHS Senior, Speech - Phil Mahoney, Former SciCoh Coach/CHS Football Coach/Marine, Moment of Silence, Flag Presentation During National Anthem - Brooke Wilder, 617, Game Welcome

The majority of the players and cheerleaders in the SciCoh program were not born yet when the events of September 11, 2001 occurred. We have been fortunate as a program to have former military personnel, firefighters and police officers be volunteer coaches and board members. This remembrance is a way for all of us to honor those who lost their lives 15 years ago and to recognize all of those who continue to serve our town, state and country.

SOCCER

Inside the Six

2016 preseason rankings

By Ryan Wood

Braintree boys and Scituate girls are early favorites

It's go time. The 2016 season kicks off this week for most teams, so let's look at how they stack up heading into their first games. There was a lot of turnover as several seniors graduated from a significant amount of tournament teams. To start the year, we've got a very dangerous Scituate girls' team at No. 1, while on the boys' side, Here are the 2016 preseason rankings; the final 2015 ranking is in parentheses. Also, beginning next week, we'll have players of the week.

BOYS

1. Braintree (2) - The Wamps have to be considered one of the favorites to not only win the Bay State but to also enter the Division 1 South Sectional tournament as one of the top four seeds. I know, I know, it's early. But the talent returning from last year's 16-3-4 team is absurd. Don't expect the Wamps to concede this top spot for a little bit.

SEE RANKINGS, B3

SEE SIX, B3

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FOOTBALL

Wicked Local Football Power Rankings

Pre-season picks

By Chris McDaniel

Football Fridays will be back in full swing this week. What better way to prepare for the new season

than with some pre-season power rankings? At the start of this season, no team appears to be completely dominant like last year's Marshfield squad. The No. 1 spot could have gone to a number of teams.

Any spot in the top seven is easily arguable as most local teams have large senior classes to replace. Last season's record is in parenthesis.

1. Braintree (5-6) - For the Wamps, just about

everyone is back from a team that ended last season on a high note. Braintree won a playoff game over Wellesley and nearly landed in the Division 2

FORMULA

From Page B1

another successful season. The Skippers (9-2 last fall) have finished with a winning record every year since 2007 and have won three straight South Shore League Small-Division crowns.

One player who has graduated and definitely will be missed this fall is former running back Chris Norton.

Last season, Norton started off as the third-string running back, but his versatility allowed him to play other positions on both sides of the ball. Injuries in the backfield eventually opened up an opportunity for Norton, and in the span of six games he became a 1,000-yard rusher.

Norton had plenty of memorable performances last season, including a Week 4 win against Mashpee in which he carried the ball 18 times for 220 yards and two touchdowns. He also played well during a Week 7 win at Carver (24-169, two TDs).

Even though he's gone, Norton can still help the Skippers this season, Afanasiw said.

"We use Chris as an example for our new faces and returning players

now," the coach said. "Not only was he versatile for our team, but he was someone who made the most of an opportunity that came his way and that's what we want our players to have in their mind because no matter where you are, you never know when you'll be called upon."

Despite losing a lot of talent, the Skippers do return quarterback Xander Schubert. As a junior last season he filled in admirably when starter Danny Axelson (broken foot) was sidelined for seven games.

Schubert showed great versatility in being able to move the ball down the field not only with his arm but with his legs as well. In the Week 7 win against Carver, for example, he was 8 of 14 passing for 128 yards and two TDs and added 34 rushing yards.

"Xander will be relied upon a lot this upcoming season," said Afanasiw. "We will look to him to really command the offense and be a leader on and off the field."

With plenty of new faces and new starters on offense and defense, Afanasiw likes what he sees from his team heading into the 2016 season, which kicks off on Sept. 9 at home against Rockland.

"We are a young, talented and versatile team and I feel like as a team our IQ is very high," Afanasiw said. "Our assistant coaches do a great job in making sure our team is prepared at all times."

Even with the tough playoff loss last season, this is a program that's enjoyed plenty of success, winning a Div. 6 state championship in 2014 after finishing runner-up in 2013.

The Skippers, who will compete in Div. 4 South this season under the new MIAA alignment, want to set the bar high again.

"Winning our league is the goal, first and foremost, and hopefully (we can) win enough games to secure home field in the playoff," said Afanasiw. "If we play the right way and do what we need to do, hopefully we'll be there again."

South Sectional playoffs will begin the week of Oct. 28-29. State semifinals will be held Nov. 18-19. State championships are scheduled for Saturday, Dec. 3. Teams that lose in playoffs or do not qualify will have their remaining schedules set by committee.

Cohasset, which played in Div. 6 South last season, will compete in Div. 4 South under the new MIAA alignment.

CARLI LLOYD

'Put the phone down and just play'

3-time Olympian discusses her rise to top of soccer world

By David Wolcott
dwolcott@wickedlocal.com

KINGSTON - If your young daughter plays soccer, there's a solid chance she was sitting in the audience Thursday night in a packed Silver Lake Regional High School auditorium.

The ponytail and headband brigade was out in full force last week when the South Shore Select soccer club brought three-time U.S. Olympian Carli Lloyd to Kingston for an hour-long question and answer session with youngsters from across the South Shore.

Moderator Alison Foley, a Plymouth native and the women's soccer head coach at Boston College, took questions from the audience ranging from Lloyd's heroes growing up to the things she did to become the current face of women's



The South Shore Select soccer club brought 3-time U.S. Olympian Carli Lloyd to Silver Lake for a speaking engagement last week. COURTESY PHOTO

soccer in this country.

Sounding something like the old Nike advertising slogan, Lloyd encouraged kids to "put the phone down and just play" if they wanted to become better soccer players.

"I played a lot other sports when I was a kid, but I started with soccer at the age of 5 and I always knew that was the sport for me. I lived and breathed soccer," the 34-year-old New Jersey native said. "I was always the type of kid who didn't have to be told to practice. I just did it on my own. I was a tomboy and always had a soccer ball with me. I used to spend hours kicking the ball against the curb on the sidewalk outside my house until it got dark."

Those countless hours of solo practice sessions paid off for Lloyd. She played college ball in her home state at Rutgers University, where she was a four-time All Big East First Team selection. She's still the career leader in goals (50) and points scored (117) for the Scarlet Nights.

It was during college that Lloyd almost gave up the sport she had lived and breathed when she was cut from the Under-21 National team.

"I was devastated, but

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my parents wouldn't let me quit," Lloyd said.

Lloyd's parents brought in trainer James Galanis to work with her, and he brought out the fire and desire that eventually made Lloyd a World Cup champion as well as a three-time Olympian.

"I'd always been the best player on my team, and I didn't know how to handle it when I wasn't even close to being best player in the program. I hadn't learned yet how to regroup and fight adversity," Lloyd said. "There were a lot of excuses on my part as to why things didn't work out and he (Galanis) helped me get into my own head and made me believe in myself again."

"He made me work on all my weaknesses and turn them into strengths."

As for off the soccer field, Lloyd encouraged the audience to "not worry so much about social pressure" and to strive to "be respected for who you are and what you do."

She also warned the players about their use of social media, urging them to remember that "everything is traceable. Be aware of what you are putting out there" for everyone to see.

This is a busy time for Lloyd. In addition to playing with the Houston Dash of the Women's Professional Soccer League, she has a book coming out on Sept. 26 and is getting married in November.

Email the reporter at
dwolcott@wickedlocal.com
and follow him on Twitter,
@DavidWolcott1.

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WICKED LOCAL

OUTLOOK

From Page B1

another solid, and busy season.

"We have nine games in the first three weeks," Willis said. "Everybody is healthy now, so we'll see how it goes."

The Skippers have an experienced team, with 16 varsity players returning. They lost four starters.

"We have three teams," Willis said. "We have a varsity, JV and freshman team."

Among the returnees are last year's League MVP Mathias Loft and Liam O'Connell. Both of them are junior captains. Cam Pattison is also a captain.

"Mathias is two-time All-League and All-Eastern Mass.," Willis said. "Liam O'Connell is All-League and Cam Pattison is also All-League last year. Those three give us a solid nucleus in the middle of the field. They're a solid talented core to build out from. We're looking for them to be great leaders."

Another senior returnee is Mitchell Buckley.

"Mitchell is in his fourth

year on the varsity and third year starting," Willis said. "We're expecting him to be one of our leading scorers."

On the defensive end, seniors George Bryan and Gavin Dunkelberger are expected to contribute.

"Gavin will split with midfield and defense," Willis said. "He played defense off the bench for us last year. George is a three-year starter."

The Skippers have a new look in net this year.

"Gavin's younger brother Ian will be our goalie," Willis said. "He's a tenth-grader. This is her first year in net. He's had a great preseason. He has good instincts. He plays real well on his feet. He has the ability to help get the offense started. We played some powerhouses in the preseason. He was under fire pretty quick. He did a great job. We think he's ready."

Other starters include juniors Grant Gumpel, Andrew Sullivan and Jay Frederick.

"Andrew and Jay both ended the year as starters last year," Willis said. "They have some experience."

Chris Longo will also see time up front.

"He's a tenth-grader," Willis said of Longo. "He came off the bench last year for the varsity, but played most of his minutes with the freshman team. He scored a bunch. He had two goals for us in a scrimmage against Hingham. He's one of the fastest kids we've got. He's very quick and loves to play. He works hard and he's eager to learn."

Willis said he considers the freshman, JV and varsity to be one unit.

"Our freshman team plays a good schedule," Willis said. "We had more than 65 come out for soccer. We have a varsity and two sub-varsity teams. We played good teams in the preseason. We'll be ready. The guys are working hard. I put them up against good competition."

Willis said the season won't be an easy one.

"We have a tough schedule," he said. "Falmouth, Whitman-Hanson, Pembroke, Duxbury are tough non-league teams. Then we have our league schedule. It will be challenging."

Saturday, they are at Falmouth for a 4 p.m. game and at Middleboro, Monday Sept. 12 at 4 p.m.

FUMBLES & TOUCHDOWNS

Feuding over fantasy football

It is almost the most wonderful time of the year - football season. But along with that comes another season - fantasy football season.

My boyfriend Clay is a fantasy football fanatic. Every Sunday, during football season, is dedicated to the TV blaring, chaotic channel flipping (to follow all the games and players) and non-stop fantasy football talk.

I don't want to admit it but when it comes to fantasy football I turn into kind of a raging jealous girlfriend, as all of Clay's attention is shifted towards how many catches Antonio Brown has, how many yards DeMarco Murray picks up and the sacks Broncos defense has made.

Don't get me wrong, I love football season, especially as a massive New England Patriots fan. Even more so I understand the sport, I can throw the ball, I know the rules (including the infamous tuck rule), I can identify players by their jersey number and I will always be on Tom Brady's side in anything.

But Clay is addicted to fantasy football. Last year was his first year playing and while he had missed years creating a team, he easily made up for that lost time in one season.

Every Thursday (after 5 p.m.), all day (and night) Sunday and of course Monday night was dedicated to football.



SARA CLINE

On top of that Clay spent his "off time" (Tuesday through Saturday) to talk fantasy, research players, and reorganize his roster.

When I tried telling other people about this "problem," no one (and I mean no one) sided with me.

"It's only a few months," "It's something he enjoys doing," "It's ok it's just fantasy football" (little did they know it also turned into fantasy basketball and baseball).

Luckily the season ended and we got a break from fantasy football, but alas it is back.

Last week Clay reminded me that that Sunday night was going to be dedicated to the online fantasy football draft, and as he talked on and on about it I looked at him and said, "How about I do the draft with you," determined not to let the fantasy league take my boyfriend away from me for a whole season again.

He looked at me shocked but as the draft drew nearer and nearer he got excited to teach me about the league and the players.

The funny thing is because the more he

talked about it to me I began to feel more included and I actually listened.

As Sunday night began and it was Clay's turn to draft, we chaotically discussed players, researched and excitedly added them to our team.

I'm not going to lie, I finally realized that I was thoroughly enjoying the draft when Clay and I were debating over which quarterback to take. At the last second I grabbed the computer away from him and clicked Carson Palmer (which I'm pretty sure Clay is still sore about).

After two and a half hours, lots of research and some lively discussion, Clay and I made a team that we are satisfied with and one that I actually can not wait to follow this season.

Even though I hated fantasy football, I found that it really wasn't fair to knock something before trying it.

—Sara Cline is a reporter with the Mansfield News and Easton Journal. A Mansfield native, Cline played soccer, softball and track for the Hornets at Mansfield High School (Class of 2012). The University of Arizona grad stays busy these days by playing soccer, running, competing in extreme races and playing kickball. Cline can be reached at sccline@wickedlocal.com or 508-967-3508

RANKINGS

From Page B1

South Sectional final as a No. 7 seed before falling to Needham, 13-6, in the semifinals. End of the season battles with Mansfield (14-10 win) and Milton (27-25) could go a long way for this year's team. Braintree will still have to make a major jump to complete the elite teams in Division 1.

2. Marshfield (11-1) - The Rams have plenty of positions to fill. With the loss of a monster senior class, Marshfield returned just three starters who played five total spots. That's a lot of positions to fill, but don't count a football-crazy town like Marshfield out just quite yet. It's hard to envision Marshfield struggling like it did in 2011 when it finished 0-11.

3. Hanover (9-2) - Hanover has taken massive strides over the past few seasons. Since a 2-8 season in 2012, the Indians have built a consistent winner under fourth year coach Chris Landolfi. Last season was the icing on the cake as Hanover barreled to a

9-2 record and Division 4 South Sectional appearance. The Indians do lose a lot of talent, but have a chance to continue a winning tradition.

4. Plymouth South (5-6) - The Panthers have been in the mix for each of the past four seasons. Don't expect that to change. After sending Plymouth North home in 2013, South's season has ended at the hands of its rival each of the past two years. That should serve as plenty of motivation.

5. Rockland (6-5) - The Bulldogs have established themselves as a consistent winner under coach Brian Kelliher, but don't have a deep postseason run to show for it. Watch for the Bulldogs to compete for a South Shore League Large title this season with Abington now in the Small Division and East Bridgewater possibly in rebuilding mode after a state championship loss in 2015.

6. Scituate (5-6) - With Middleboro now in the South Shore League, the Patriot League Fisher looks completely up for grabs for Hanover, Plymouth South and Scituate. After a

disappointing 1-4 run in the league last season, the Sailors ended 2015 on a high note winning its final two games over Hanover and Hingham. That momentum could carry into this season.

7. Cohasset (11-2) - The South Shore League Small Division should be a tight race this season. The Skippers will be joined by Mashpee and Abington as the favorites, while Carver might also throw its hat in the ring. On the bubble: Abington, Plymouth North

GAME OF THE WEEK: Rockland at Cohasset Friday, 7 - Cohasset is a young squad, but year-in and year-out has found success. The Skippers have finished with a winning record in every season since 2007 and have won three consecutive South Shore League Small titles. Rockland is looking to make the jump to the next level after three consecutive 6-5 seasons. With a burly and experienced offensive line and veteran quarterback (Matt Dunn), this could be the year for the Bulldogs.

The pick: Rockland 27, Cohasset 19.

SIX

From Page B1

2. Hingham (4) - It was a respectable finish for the Hingham boys last fall as the Harbormen went 12-5-3 and to the second round of the Division 2 South Sectional tournament with nine underclassmen. Expect that bunch to come back hungry for more in 2016.

3. Weymouth (NR) - A 10-8-4 season isn't disappointing by any standards, but the Wildcats knew if everyone remained healthy all season last fall, that this team could've done something special. Knock on wood everyone remains fit this fall and the Wildcats could be shaking things up in the Bay State.

4. Cohasset (6) - There's something about the Skippers that I like this fall, especially coming off a 14-3-2 season and winning the South Shore League Small Division along the way. Despite taking a hit from graduation, the Skippers had enough talent from their sophomores and juniors last year that should carry over into 2016, where they'll be one year older, wiser, and stronger.

5. Silver Lake (5) - The Lakers lost some key seniors from a team that went on an absolute tear over the past three years. Despite losing in the first round of the Division 1 South Sectional tournament, the Lakers finished at 14-3-4, getting production from sophomores, juniors, and seniors alike. Look for this year's team to contend for the Patriot League title yet again.

6. Norwell (1) - The Clippers finished atop the Inside the 6 rankings at the end of last season, and rightly so.

However, they won't begin this year at No. 1 due to the offensive production and key defenders walking out the door on graduation day. But the Clippers aren't ready to panic. The upperclassmen have plenty of varsity experience.

On the bubble: Abington, Carver, Hanover, Marshfield, Plymouth North, Plymouth South, Rockland, Scituate, Weymouth.

GIRLS

1. Scituate (6) - This team is downright scary. Only losing two seniors from last year's 12-4-4 team, one that earned the No. 4 seed in Division 2 South, Scituate is poised to run the Patriot League this fall. All the parts are in place for a championship season. The Sailors just need to remain healthy and consistent.

2. Weymouth (NR) - Some could argue that placing the Wildcats at No. 2 after losing a strong contingent of seniors is head-scratching. The Wildcats would disagree ... as does myself. The depth on last year's 12-8-0 team was impressive and it was largely made up by underclassmen. Expect big things, and another tournament appearance, for Weymouth this fall.

3. Marshfield (2) - The Rams return four Atlantic Coast League all-stars from last year's ACL championship squad, one that posted a 14-5-2 record. Again, here is another team with depth and varsity experience. The Rams have their work cut out for them in the league and always challenge themselves with a tough non-league slate, but this team has plenty of potential in 2016.

4. Norwell (3) - When you return your starting goalkeeper for a fourth consecutive

varsity season and have a lot of your scoring power back from a year ago, you can only feel confident about your 2016 season. That's the feeling over in Norwell as the Clippers have the chance to match if not better their 13-3-3 record from a year ago.

5. Hingham (1) - This team took a major hit to graduation, but Hingham is one of the most consistent teams in the region and expect no less this fall. The two-time defending Division 2 state champions went 17-5-1 in 2015, and they have players that can bring them back to the postseason in 2016. Getting that third straight state title will be a challenge; contending for the Patriot League title, however, shouldn't be.

6. Plymouth North (NR) - The key to this fall for the Eagles is health, something that plagued the team heading into last season. A 6-9-3 finish wasn't what the Eagles had in mind last year, and they quickly want to reverse their fortunes in 2016. That shouldn't be a problem. They just need to work on their finishing and score goals.

On the bubble: Abington, Braintree, Carver, Cohasset, Hanover, Pembroke, Plymouth South, Rockland, Silver Lake

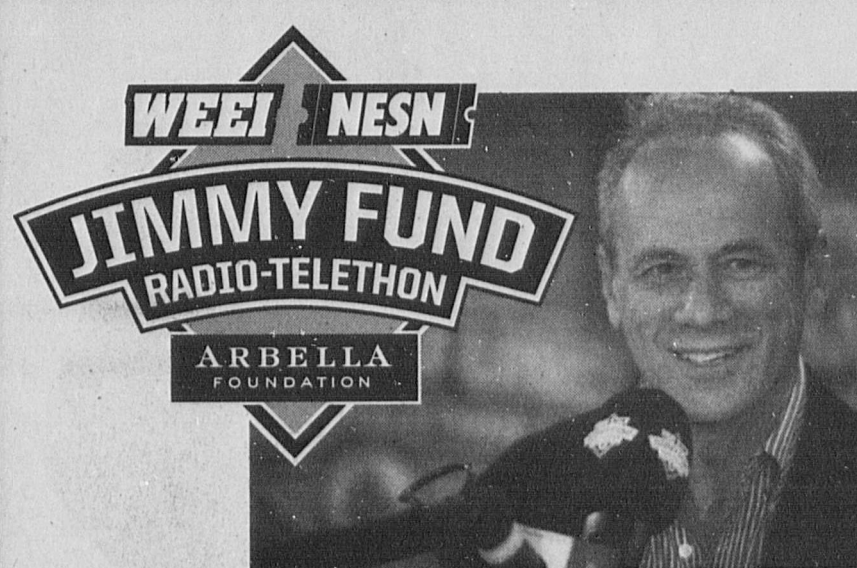
The Inside the 6 - Soccer Power Rankings are decided based on a number of criteria: record, strength of schedule, performance against teams in and out of their divisions, goals scored, and goals conceded. The public schools in our coverage area include: Abington, Braintree, Carver, Cohasset, Hanover, Hingham, Marshfield, Norwell, Pembroke, Plymouth North, Plymouth South, Rockland, Scituate, Silver Lake, and Weymouth.

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NORTH SCITUATE

Women open 'gym for the soul'

By Ruth Thompson
rthompson@wickedlocal.com

It's a place to go and just be, a quiet oasis from a hectic day offering a chance to share knowledge and creativity, or to simply reflect. It's The Nest; a place owner Michelle Cayer calls "a gym for the soul."

"It's a little cottage that is comforting and welcoming," she said.

Located at 767 Country Way in North Scituate, The Nest is more than just a business for Cayer.

"We want to connect with the community," she said. "We want our creative workshops help to form communities, and we encourage people to share their knowledge. We want people to feel free to use this space to help others."

Prior to opening The Nest two years ago, Cayer owned a spa in Cohasset, where she lives.

"I used to wonder why I had a spa," she said, adding The Nest is more what she wanted to do.

The idea for The Nest came about when Cayer realized there are all sorts of gyms out there, but they're gyms for the body, not the soul.

"I wanted a place for women to be able to get together, a place for people to get together," she said.

While there is a definite social aspect to The Nest, it is also a place where people can go for some alone time.

"For example, it's a place where a mother can come for an hour or so, to get away from things, have a cup of tea, read a book or even take a nap," Cayer said.

"Or maybe it's just a place to come to get out of the house and relax," added Judi Johnson, a Scituate resident who serves as The Nest's program marketing director.

"People walk in and they feel at home," Johnson said.

Cayer and Johnson said the feedback has been very positive. Men and women from Scituate, Cohasset, Hingham, Norwell and Marshfield come to The Nest.

"People have said there is good energy, healing energy, here," Cayer said.

Cayer would like to bring this energy to corporate clients—offering a peaceful respite from the busy day, teaching some different relaxing techniques.

"We're education and knowledge junkies," she said. "We like to share what we know and have others share their knowledge with us."

They also want to follow up with their clients to make sure their needs are met.

"We are here for the needs of the community," Johnson said.

The Nest will be having an open house from 5 to 7 p.m. on Sunday, Sept. 11. Wine and cheese, along with tea and crumpets, will be served.

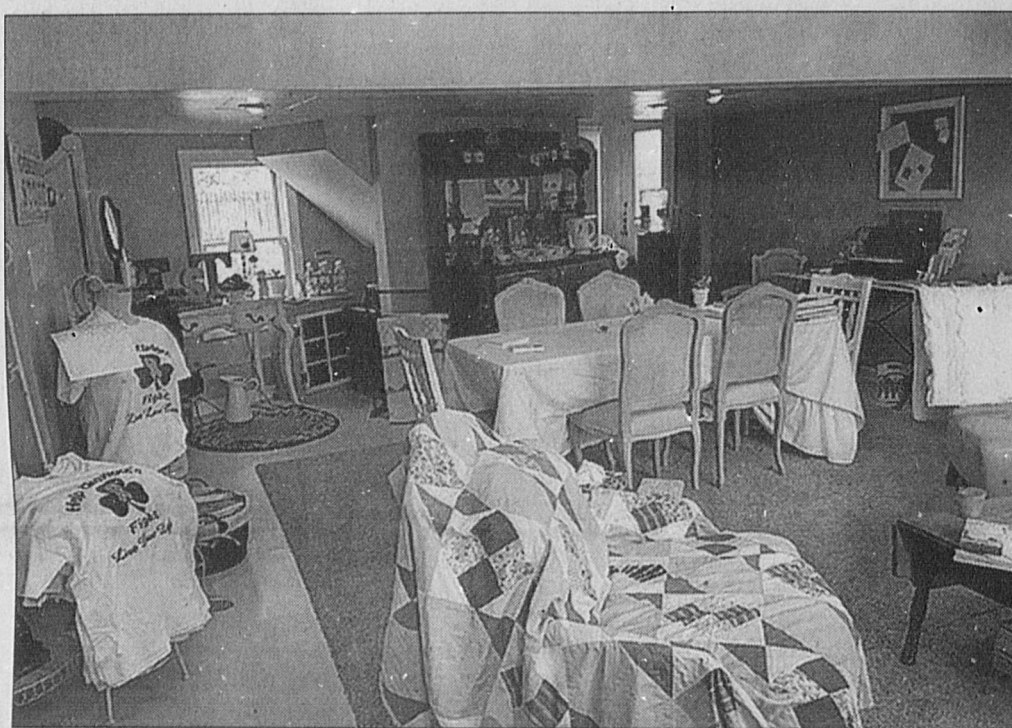
For more information on The Nest visit <http://www.soulgym.org/>



Owner Michelle Cayer of Cohasset and Judi Johnson, a Scituate resident who serves as The Nest's program marketing director, say they've had positive feedback about their "gym for the soul." PHOTO COURTESY OF TRISH PATTISON OF PATTISON PHOTO

soulgym.org/ or find them on Facebook under The Nest - A Soul Gym.

—Follow reporter Ruth Thompson on Twitter @scituateruth



The Nest is open to members, who can join for \$25. COURTESY PHOTO



The Nest, where people are encouraged to relax, includes a tea bar. COURTESY PHOTO

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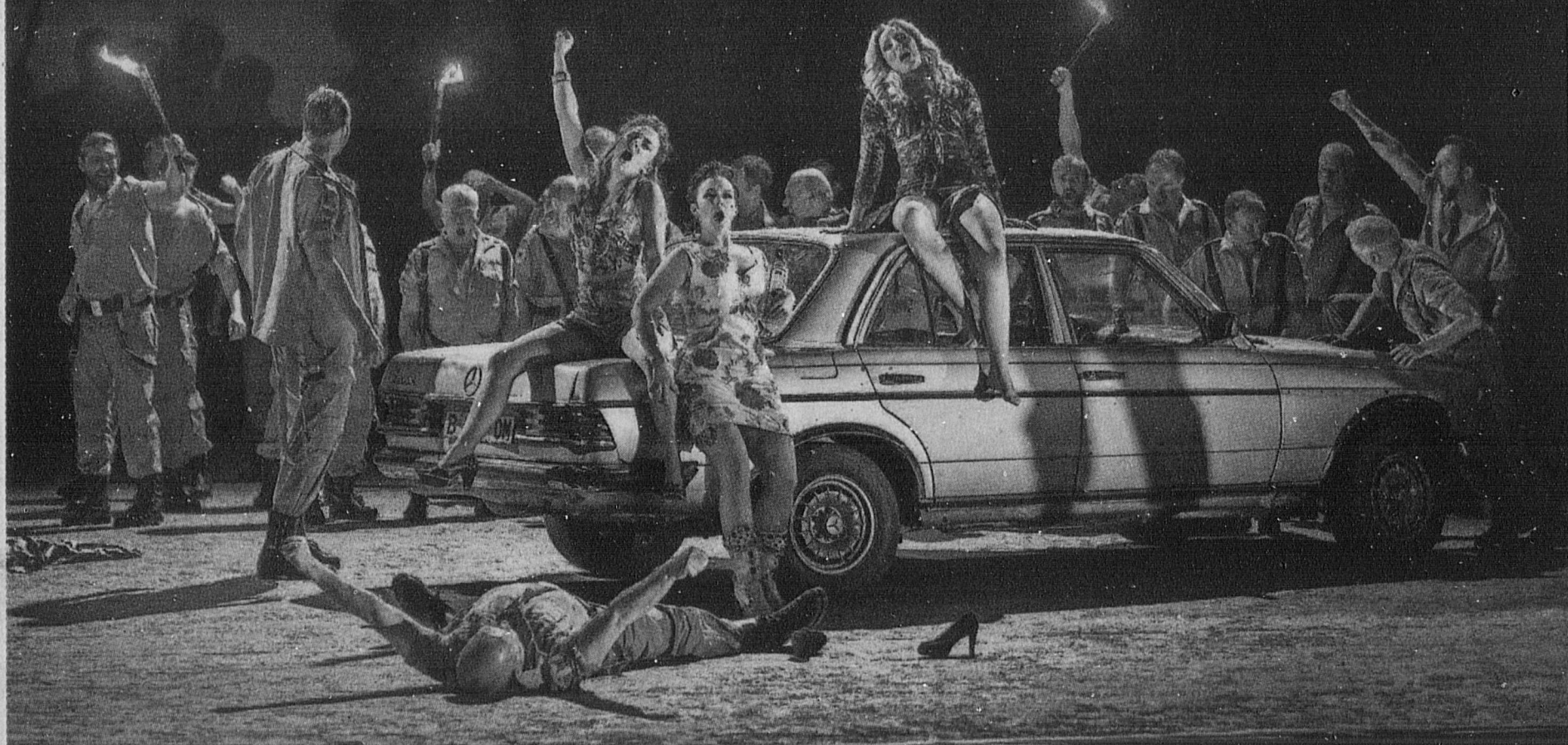
FALL ARTS PREVIEW

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OPERA | JODY FEINBERG

Opera is back

Boston Lyric Opera celebrates its 40th anniversary with 'Carmen' at The Boston Opera House



ABOVE: Cigarette factory workers and soldiers collide in a scene from Calixto Bieito's "Carmen."

Boston Lyric Opera presents this production Sept. 23 - Oct. 2 at the Boston Opera House.

COURTESY PHOTO/ALASTAIR MUIR, ENGLISH NATIONAL OPERA

RIGHT: Jennifer Johnson Cano stars in "Carmen."

COURTESY PHOTO/LIZA VOLL



To kick off its 40th anniversary, the Boston Lyric Opera brings opera back to The Boston Opera House for the first time since 1990. And it does so with the widely known and popular opera, "Carmen."

"We wanted to celebrate with something significant in the company's history," said general director

Esther Nelson. "When we did it on the Common in 2002, we had the largest attendance ever (140,000). The piece resonates with people and the music is so recognizable. There are lots of moments when people will say, 'I know that. I've heard it before.'"

Sung in French with English subtitles, "Carmen" will have four performances Sept. 23 to Oct. 2. It is a co-production with the San Francisco Opera, conceived by Calixto Bieito, a renowned Spanish director making his United States debut.

"Carmen"

WHEN: Sept. 23-Oct. 2

WHERE: The Boston Opera House, Washington St., Boston

TICKETS: \$32-\$182. Student discount tickets are available at The Boston Opera House box office 90 minutes before curtain time and are free for the first 40 students and \$20 for remaining students.

INFO: 617-542-6772; www.blo.org

SEE 'CARMEN,' B7

ONSTAGE | R. SCOTT REEDY

Newton's feisty 'Old Lady'

Veteran actress Bobbie Steinbach stars in Huntington's 'Sunday in the Park with George'

Following its success last season with the Stephen Sondheim musical "A Little Night Music," Boston's Huntington Theatre will continue its long-term plan to present all 15 musicals featuring words and music by Sondheim when it opens its new season Sept. 9 with "Sunday in the Park with George."

The production will not only bring a second Sondheim masterpiece to the Boston University Theatre, it will also reunite some of the cast and creative team from last year, including actress and singer Bobbie Steinbach of Newton. The local favorite, who reprised her oft-played role as Madame

"Sunday in the Park with George"

WHEN: Sept. 9-Oct. 16

WHERE: Boston University Theatre, 264 Huntington Ave., Boston

TICKETS: Start at \$25

INFO: 617-266-0800; huntingtontheatre.org

Armfeldt in "A Little Night Music," will portray someone with a decidedly less grand moniker this time around.

"My character, the Old Lady, is very feisty. She's short-tempered with her nurse/companion. She's also easily agitated, because she's on her way to losing her memory," explained Steinbach by telephone recently. "You see her one way early on, and very differently later."

The same could be said of the musical itself.

SEE STEINBACH, B6

Newton actress Bobbie Steinbach with Adam Chanler-Berat, who plays the part of George in the Huntington's "Sunday in the Park with George."

COURTESY PHOTO/NILE HAWLER, NILE SCOTT SHOTS



FALL ARTS PREVIEW

STEINBACH

From Page B5

Inspired by Georges Seurat's painting "A Sunday Afternoon on the Island of La Grande Jatte," its first act takes place in 1884 and deals with an intense Seurat, called George in the musical, at work on his masterpiece while the characters depicted in it come to life. Act two moves ahead 100 years, following George's great-grandson on his quest to find both inspiration and understanding of what it means to create art in the modern world.

First produced off-Broadway at Playwrights Horizon in July 1983, the show subsequently transferred

to Broadway, opening at the Booth Theatre on May 2, 1984. Starring Mandy Patinkin as George and Bernadette Peters as Dot, his mistress and muse, the production won two Tony Awards and the 1985 Pulitzer Prize for Drama. A Roundabout Theatre Company revival, based on a 2005 London production, opened at Broadway's Studio 54 on February 21, 2008.

"George and Dot are amazingly three-dimensional and exceedingly well written. The other characters are more two-dimensional, because they're subjects in a painting and subject to George's perspective," according to Steinbach.



The cast of the Huntington's "Sunday in the Park with George."

COURTESY PHOTO/NILE HAWLER, NILE SCOTT SHOTS

The performer – a founding member and resident actor with the

Somerville-based Actors' Shakespeare Project (ASP), as well as a director and private audition coach – didn't hesitate to share her perspective with Huntington Artistic Director Peter DuBois, who is directing the musical.

"I was looking at the Old Lady one way and Peter was seeing her another way, so we talked it over. The best directors allow for collaboration and Peter is certainly one of the best so it all worked out."

Steinbach believes that, in addition to a good director, what really makes "Sunday in the Park with George" work is its score, which she knows well.

"The music is intensely beautiful. I have listened to it for many years. I love the songs 'Finishing the Hat,' 'Putting It Together,' 'Move On,' and also 'Beautiful,' which my character and George sing together. And James Lapine's book is brilliant, too. It is about what it's like to be an artist making art, what other people say about your art, and how it affects you."

There may be more to the story, too, according to Steinbach, who, as the Huntington's 2016 Lunt-Fontanne Fellow, studied with Jason Alexander

("Seinfeld"), and is one of six U.S. actors recently awarded a two-year William & Eva Fox Foundation Resident Actor Fellowship by Theatre Communications Group (TCG) – which took her to Gdańsk, Poland, earlier this summer for an international Shakespeare Festival – in association with ASP.

"In addition to being a love story about George and Dot, I think this is also really about Sondheim himself and his own unresolved relationship with his mother." (An only child, Sondheim was 10 when his father left the family. He has described his mother as psychologically abusive. The composer did not attend her 1992 funeral.)

Steinbach, who did not start acting until age 35, has long been one of the busiest actors in greater Boston. In December, she will play Yente the matchmaker in "Fiddler on the Roof" at Watertown's New Rep Theatre, and next spring she will tackle the role of the late Israeli Prime Minister Golda Meir in the one-person show "Golda's Balcony" for the company.

As part of her Fox Fellowship, Steinbach is participating in trainings focused on expanding the boundaries of her physical

"I never went to theater school so it's always great to have the opportunity to be a student."

work and exploring new art forms. She will incorporate these new practices into ASP workshops of her one-person show, "In Bed with the Bard."

The theater veteran will also lead collaborative workshops with other women from ASP and guest artists to create a new work inspired by Shakespeare's "King Lear." Called "I Am Lear," the piece will be a multi-media, movement- and voice-based look at aging, loss, diminishment of power, and the truth and self-knowledge that come from those experiences. In developing the project, Steinbach and her colleagues have been working with elder women from NewBridge on the Charles in Dedham and Millers River Housing in Cambridge, and with Boston University students. Free public performances of "I Am Lear" will be presented in June 2017.

"I never went to theater school so it's always great to have the opportunity to be a student," says Steinbach. "The Fox Fellowship is all about being open to new things. When you're established in a theater community you can get complacent. I never want that to happen to me."

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FALL ARTS PREVIEW

'CARMEN'

From Page B5

Written by the French composer George Bizet and based on a French novel, this provocative "Carmen" is the tragic story of a defiant, seductive woman and her obsessive lover, set in a coastal Spanish city in Morocco in the 1970s. The production includes graphic violence, brief nudity and suggestive behavior.

"The composer and librettist said barely anything about how it should be mounted, so the question is 'How do we think that story is best told for an audience today?'" Nelson said. "This staging brings the story forward to the 20th century in a completely believable way. There's passion and sexuality and violence, but none of it is gratuitous. There are moments when the brutality is quite clear, but there also are funny and happy moments. It's complex, like life."

The universality of the stories in "Carmen" make it a particularly accessible opera.

"She is hell bent on getting what she wants, and when passion is uncontrolled, it can cause tremendous damage," Nelson said. "And do we sometimes fall in love with people we shouldn't? Are we sometimes unable to extricate ourselves from a damaging relationship?"

Nelson is proud to return opera to the Boston Opera House, which has not hosted an opera since Sarah Caldwell's Opera Company of Boston performed "The Balcony" in 1990.

"The Boston Opera House is quite a beautiful venue and has historical meaning," Nelson said. "It's the one venue in Boston that had significance for opera. The city had no opera house, and Sarah Caldwell made it into one."



Bullfighting fans crowd in for a better look in a scene from Calixto Bieito's "Carmen."

COURTESY PHOTO/ALASTAIR MUIR, ENGLISH NATIONAL OPERA BY ALASTAIR MUIR

When Caldwell's company closed for financial reasons, the Boston Opera House (built in 1928 as movie palace and turned into an opera house in 1980) deteriorated until its renovation in 2004. The public has the rare chance to take a backstage tour and see the costumes and set for "Carmen" on Sept. 30, as part of BLO's "40 Days of Opera," a series of opera related events.

To take advantage of the large stage and pit of The Boston Opera House, "Carmen" has the biggest cast of any previous BLO production. It features 12 internationally known soloists and an 84-member chorus, including singers from the Voices Boston children's chorus, and a 60-musician orchestra. The performers will sing without amplification.

"How refreshing to hear the power of the actual voice, and people will be blown away by the sheer capacity," Nelson said.

While the staging, costumes, sets and lighting for "Carmen" come from the San Francisco production, the cast is unique to Boston and is directed by Joan Anton Rechi.

Mezzo-soprano Jennifer Johnson Cano stars as Carmen; tenor Roger

Honeywell is the lovesick soldier, Don Jose; and baritone Michael Mayes is the bullfighter Escamillo. Many ensemble singers have studied opera at New England Conservatory, Boston Conservatory and Boston University Opera Institute.

"Jennifer is gorgeous to listen to and has a stage presence that not every great singer has. She has that personality vital to Carmen. She and Roger have chemistry together," Nelson said. "For the ensemble, it's very important to me to demonstrate to this community what enormous wealth of talent we have in Boston."

Although Nelson anticipates a spectacular experience at The Opera House, she does not expect to present other operas there since it normally is booked with the Boston Ballet and Broadway in Boston.

"Carmen" will be followed in November by "Greek," a contemporary opera by Mark-Anthony Turnage at The Emerson/Paramount Center. Inspired by the Oedipus story, it's about alienation from the political establishment.

"I wasn't thinking that it would be so relevant when I planned it," Nelson said.

"Now I see how much it resonates."

Other productions this season are Stravinsky's "The Rake's Progress" at the Cutler Majestic Theatre, and Mozart's "The Marriage of Figaro" at John Hancock Hall in the Back Bay Events Center.

Since it ended its tenure at the Shubert Theatre last year and gained control of its own ticket sales, the BLO has begun searching for a permanent home. Submitting a proposal with other arts organizations, Nelson hopes Emerson College's Colonial Theatre will be the opera's new venue. As a back-up, the BLO is pursuing other options as well.

"It's quite exciting and my hope is that ultimately we will have a home that is not just for production and performance, but allows us to do a lot of events for people," Nelson said. "The future of any performing arts company is that we need to be accessible and engage people."

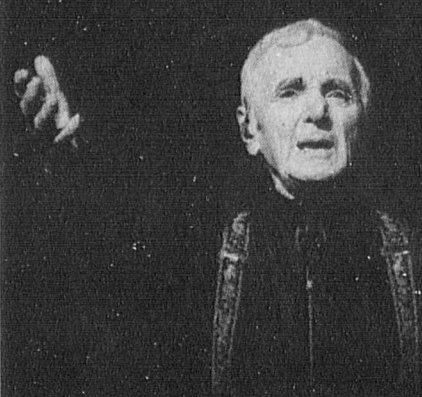
—Jody Feinberg is a staff writer at our sister newspaper in Quincy, The Patriot Ledger. She may be reached at jfeinberg@ledger.com. Follow her on Twitter @JodyF_Ledger.

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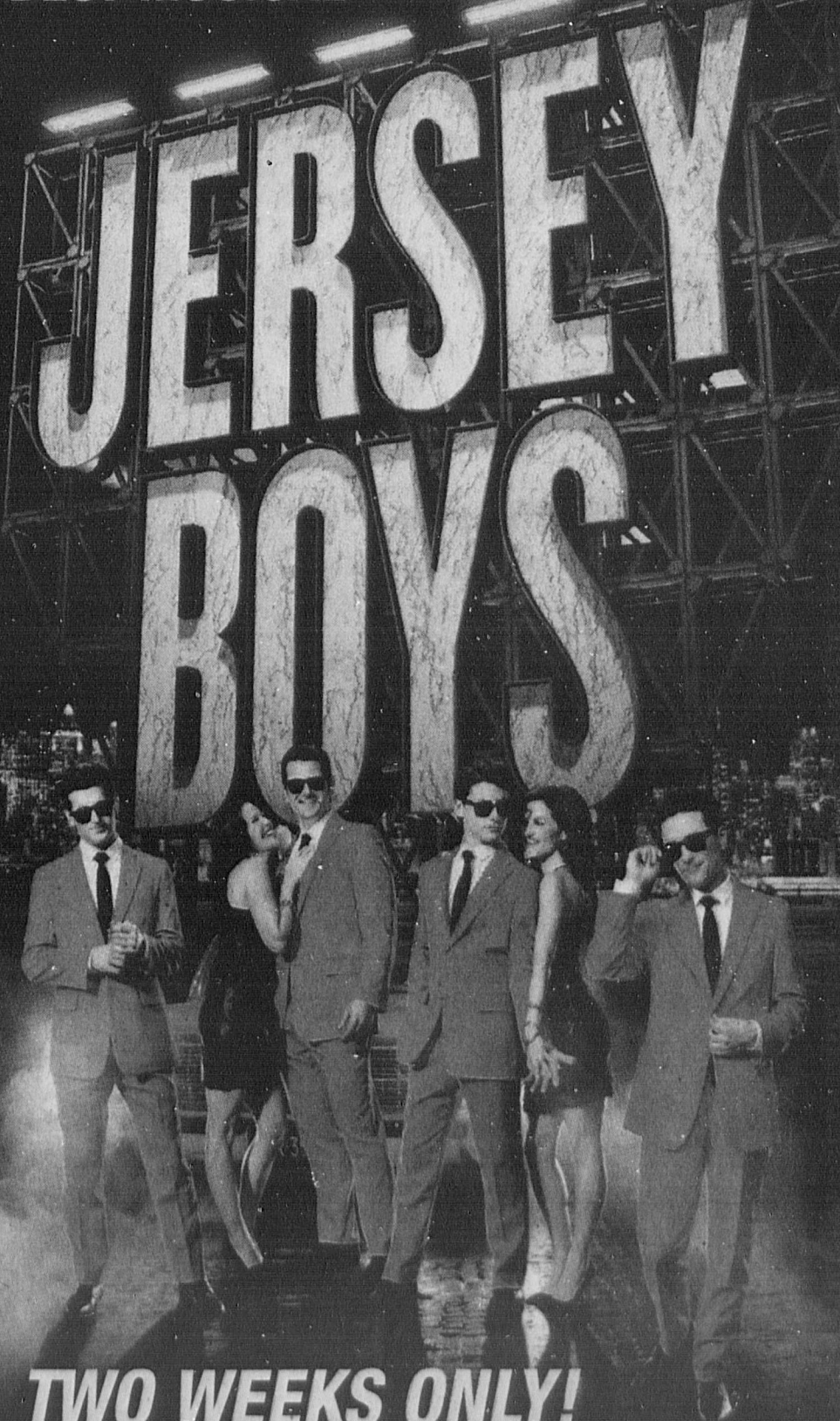
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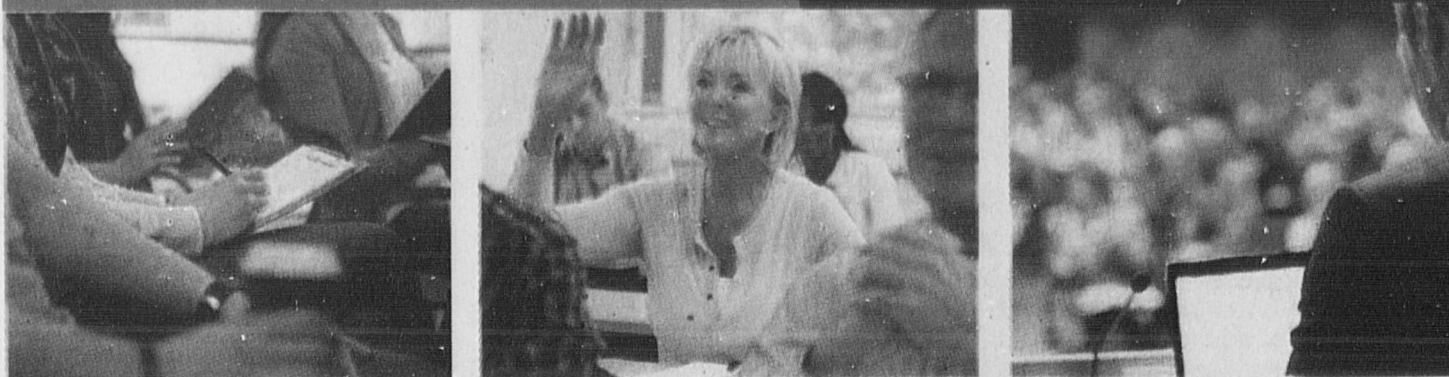
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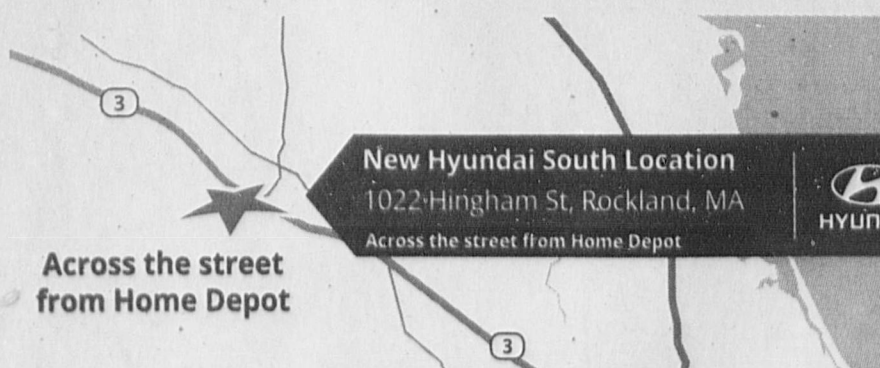
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Beatles tribute band Studio Two rocks the house at Wilcutt Commons on Labor Day. The concert was sponsored by Cohasset Rec through the generosity of the McMorris family.



Ringo Star (Justin Fyfe) tosses his hair as he sings to the crowd.



Sue Cunningham of Cohasset dances and sings along to the Beatles tribute band Studio Two.



Paul McCartney (Al Francis), and John Lennon, (Stephen Murray), sing backup to George Harrison, (Robert Murray).

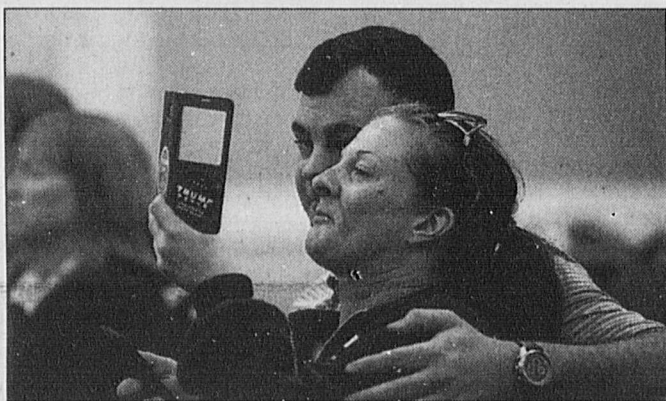


Linda Breen sings and claps along to the Beatles tribute band Studio Two.

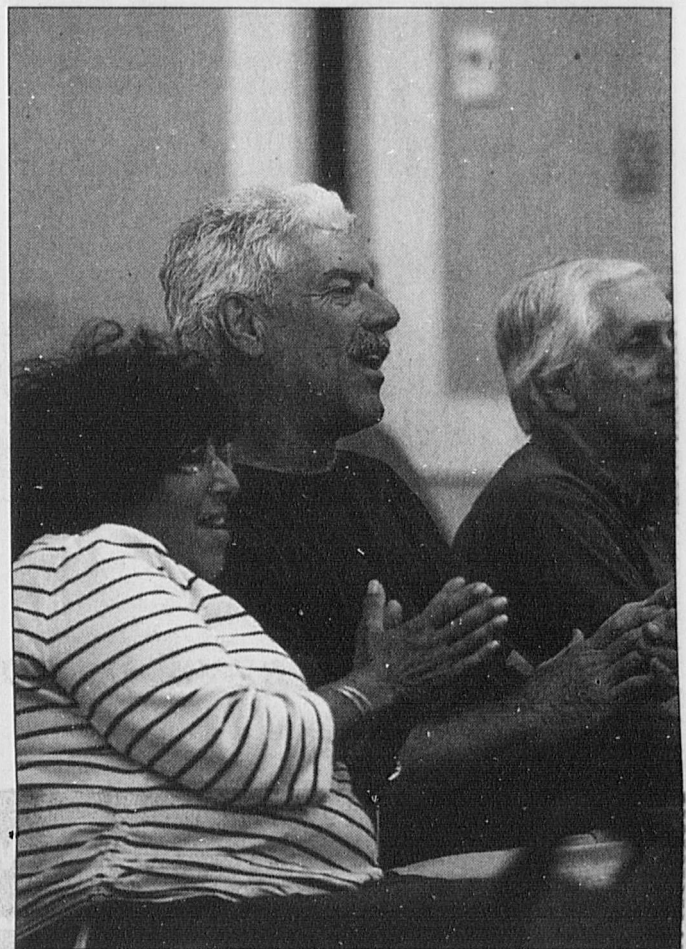
YEAH, YEAH, YEAH!

Beatles tribute caps season

Staff photos by Alyssa Stone



Vanessa Carey records Studio Two's performance with Charles Gill, both of Newton. The couple traveled to Cohasset's Wilcutt Commons to see the performance after reading about it on Facebook.



Ed and Beverly DellaValle enjoy the show at Wilcutt Commons on Monday night.

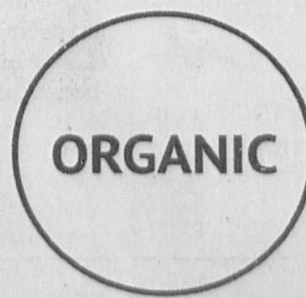
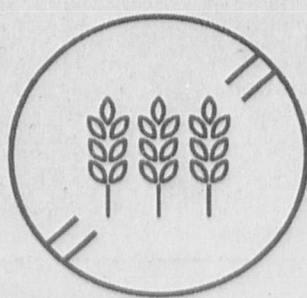


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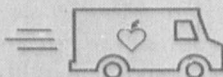
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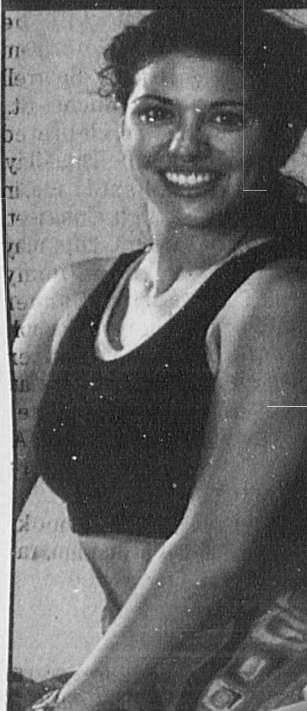
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COHASSET, MA**

Notice is hereby given by Scituate Collision & Glass, 850 CJ Cushing Hwy-RT 3A, Cohasset, Ma 02025 pursuant to the provisions of M.L. c 255 section 39a that on **September 18th, 2016 at 8:30 am at 850 CJ Cushing Hwy-RT 3A, Cohasset, MA 02025**, the following motor vehicle will be sold to satisfy our garage, keeper's fees, thereon for the towing, storage, charges and expenses of notices and sale. 2007 Nissan Murano, vin # JN8AZ08W37W641772, Kimberly DaSilva 41 A Summer Street, Kingston, Ma 02364.

AD# 13470069
Cohasset Mariner 8/26, 9/2, 9/9/16

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COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset Police/Fire Log, which is public record and available for review.

Monday, Aug. 29

8:13 a.m.: Disabled motor vehicle at Beechwood Street and CJC Hwy, pushed into parking lot. Waiting for AAA.
8:49 a.m.: Traffic enforcement near 142 Forest Ave.
8:50 a.m.: Warrant arrest; officer at South Shore Hospital serving warrant. One in custody.
9:04 a.m.: Officer requests wrecker for motor vehicle impeding traffic on Elm Street.
10:14 a.m.: Community policing at the Town Common.
10:42 a.m.: An injured seagull was reported at Stop & Shop on Chief Justice Cushing Highway. A police search of the area was negative.
11:16 a.m.: Traffic enforcement at Wadleigh Park.
12:40 p.m.: A disturbance was reported at Border Street Bridge on Border Street. A group was removed from the bridge.
12:41 p.m.: Parking enforcement on Government Island.
1:31 p.m.: Traffic enforcement near 142 Forest Ave.
2:27 p.m.: A group was removed from the Border Street Bridge.
6:30 p.m.: An unwanted guest was reported at a residence on Jerusalem Road. The party left voluntarily.
6:56 p.m.: A caller reported smoke coming out of a chimney on Elm Court. Personnel found a working fire that had started on the lower level and extended to the wall above. National Grid was notified.
7:04 p.m.: A 71-year-old male was reported missing from Harborview Center for Nursing on Chief Justice Cushing Highway.
10:38 p.m.: A caller reported kids throwing a sleeping bag that was on fire off the Border Street Bridge.

Tuesday, Aug. 30

12:05 a.m.: A caller reported three youths on Chief Justice Cushing Highway near Aubuchon on bikes.
3:19 a.m.: An open door was reported at Cohasset Junior/Senior High School on Pond Street. Police secured the building.
5:34 a.m.: Fire alarms were reported on Avalon Drive. Personnel reported a faulty detector.
9:08 a.m.: A caller reported a syringe in the parking lot at Fiori's Gulf Service Station on Chief Justice Cushing Highway.
9:40 a.m.: A motor vehicle accident with no injuries was reported on North Main Street. Truck into pole, no injuries.
10:59 a.m.: Coast Guard requests harbor master check on a boat in distress near Strawberry Point.
11:54 a.m.: Community policing at the Town Common.
11:58 a.m.: A traffic hazard was reported on Black Rock Road at Forest Avenue involving a construction company blocking the road.
12:11 p.m.: A general fire alarm was reported on Jerusalem Road. The power had gone out due to trees being cut down.
12:44 p.m.: A traffic hazard was reported on Deep Run at Jerusalem Road involving

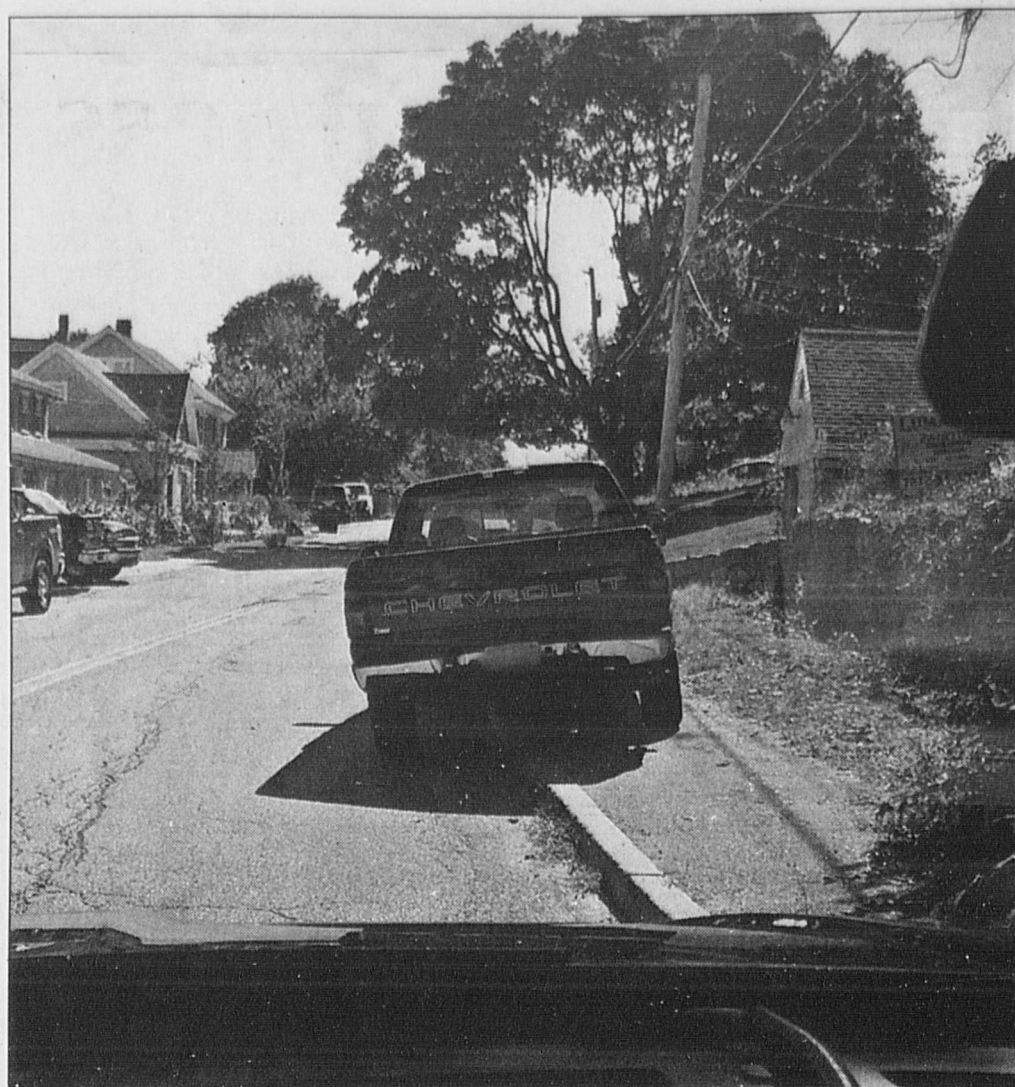
construction vehicles.
12:49 p.m.: A group was dispersed from the Border Street Bridge.
2:19 p.m.: A group was removed from the Border Street Bridge.
2:52 p.m.: A walk-in reported harassment. Officer taking report.
3:50 p.m.: A residential alarm was reported on Cedar Street. Police secured the building.
4:34 p.m.: An outdoor motor vehicle fire was reported on King Street. Personnel determined it was caused by a faulty wire in the area of the sunroof.
4:50 p.m.: Wires were reported down on Buttonwood Lane at Pond Street. Verizon was notified.
5:28 p.m.: A fire alarm activation was reported on Forest Avenue. No smoke or fire was found.
5:51 p.m.: A fire alarm activation was reported on Forest Avenue. The detector was deactivated.
6:55 p.m.: An erratic operator was reported on Beechwood Street at South Main Street. Small white pickup heading south, all over the road on S. Main. Nothing found to Scituate line.
11:59 p.m.: A caller reported a suspicious motor vehicle parked on Fair Oaks Lane for two or more hours, with a person repeatedly getting out of the car and running through the yard. Parents coming to pick up teens.

Wednesday, Aug. 31

6:45 a.m.: A carbon monoxide alarm was reported on King Street. Personnel reported a faulty detector.
7:15 a.m.: Car with flat tire near 147 Beechwood Street. Officer standing by while party changes tire.
9:26 a.m.: A large dead raccoon was reported on King Street near Sunrise. State Highway was notified.
9:48 a.m.: A residential alarm was reported on Atlantic Avenue.
11 a.m.: Larceny of a license plate was reported at the police station.
11:39 a.m.: Parking enforcement at Sandy Beach.
1:26 p.m.: A residential alarm was reported on Atlantic Avenue.
1:42 p.m.: A residential alarm was reported on Old Pasture Road.
2:58 p.m.: Parking complaint at Deep Run and Jerusalem Road due to construction in area.
3:20 p.m.: A dead raccoon was reported on North Main Street.
3:44 p.m.: A walk-in reported credit card fraud.
6:37 p.m.: An erratic operator was reported on Forest Avenue. Police were unable to locate the vehicle.

Thursday, Sept. 1

12:31 a.m.: A caller reported a fight at Mr. Dooley's Olde Irish Pub on Depot Court. One of the men left. Units on scene with witnesses.
8:30 a.m.: Attempting to serve no trespass order on Pleasant Street.
10:30 a.m.: Man asleep in vehicle by loading dock at Stop & Shop. Checks out OK.
11:15 a.m.: A fire alarm activation was reported on



TRAFFIC SAFETY TIP OF THE WEEK: Obstructing or parking on part of the sidewalk can create a serious safety hazard and is against the law. When the sidewalk is blocked, it forces pedestrians, those with strollers and those in wheelchairs out into the path of traffic. It also creates a blind spot for those backing out of a nearby driveway. COURTESY PHOTO

Forest Avenue. Personnel confirmed it was accidental, and the alarm was reset.
2:50 p.m.: A walk-in reported suspicious activity.
2:58 p.m.: A caller on Jerusalem Road reported an IRS scam call.

Friday, Sept. 2

10:14 a.m.: A fire alarm activation was reported on Smith Place. The building was evacuated and the alarm reset.
11:20 a.m.: Parking enforcement at Sandy Beach.
11:41 a.m.: Parking enforcement on Government Island.
12:09 p.m.: Parking enforcement at Sandy Beach.
12:56 p.m.: An outside fire was reported on Black Horse Lane, with smoke coming from the Gulf River/Island. A fire on the island was knocked down.
12:57 p.m.: A group was removed from the Border Street Bridge.
1:04 p.m.: Community policing at Cohasset Common.
1:59 p.m.: A fire alarm activation was reported on Hugh Strain Road. Personnel determined it was accidental from dusting.
2:16 p.m.: Traffic enforcement at N. Main and Red Gate Lane.
2:17 p.m.: Parking enforcement at Sandy Beach.
2:19 p.m.: A commercial alarm was reported on Depot Court.
3:26 p.m.: A group was cleared from the Border Street Bridge.
3:37 p.m.: Parking enforcement at Government Island.
3:55 p.m.: Parking enforcement at Sandy Beach.
4:24 p.m.: A group was removed from the Border Street Bridge.
4:35 p.m.: Parking enforcement at Government Island.
7:12 p.m.: A caller reported a dog in a silver Subaru at Tedeschi Food Shops on South Main Street. Police reported the windows were

down and the yellow Lab did not appear to be in distress.
7:38 p.m.: Parking complaint at Aubuchon; vehicle in lot for a few days. Message left for owner.

Saturday, Sept. 3

12:49 a.m.: A fire alarm activation was reported on Avalon Drive. Personnel removed faulty detectors.
9:15 a.m.: A dead raccoon was reported on King Street. Massachusetts Highway Department was notified.
10:03 a.m.: Followup at Aubuchon about car left in lot there.
11:42 a.m.: Parking enforcement at Government Island.
1:02 p.m.: Parking enforcement at Sandy Beach.
1:34 p.m.: A motor vehicle crash was reported on Chief Justice Cushing Highway at Pond Street.
2:57 p.m.: A group was removed from the Border Street Bridge.
3:35 p.m.: Community policing in the village.
4:39 p.m.: Woman unhappy about parking ticket at Sandy Beach; she did not have a permit.
5 p.m.: A caller reported several syringes and a spoon in the road in front of a house on Cushing Road. Police cleared the items.
5:01 p.m.: Parking complaint at Cushing Road and James Lane. Vehicles moved.
5:03 p.m.: A hit-and-run motor vehicle crash was reported at Hingham Lumber Co. on Chief Justice Cushing Highway.
6:23 p.m.: A caller reported a dog inside a vehicle for over an hour with the windows up at Tedeschi Food Shops on South Main Street. Police reported the dog did not appear to be in distress and checked the area for the owner.
9:17 p.m.: Fire works were reported on Stevens Lane.
9:22 p.m.: A motor vehicle

crash was reported on Rust Way. Wrecker on scene. Jaws used to open door.
10:56 p.m.: A suspicious male was reported walking on King Street. Transporting him to HQ where he was picked up.

Sunday, Sept. 4

1:42 a.m.: A disturbance was reported on Forest Avenue involving a loud party and a man yelling in the street. Police checked the area and found nothing.
8:58 a.m.: A commercial alarm was reported at Mr. Dooley's Olde Irish Pub on Depot Court. Police secured the building.
9:16 a.m.: A raccoon was reported on a porch on Linden Drive. Came up to his porch and was hissing before running off.
10:25 a.m.: A motor vehicle accident with no injuries was reported on Forest Avenue at Jerusalem Road. Tow en route.
1:55 p.m.: Parking enforcement at Government Island.
2:14 p.m.: A disturbance was reported on the Border Street Bridge; jumpers dispersed.
2:37 p.m.: A disturbance was reported on the Border Street Bridge; jumpers dispersed.
4:14 p.m.: Parking enforcement on Government Island.
6:16 p.m.: Fire personnel provided mutual aid on Ring Road in Scituate.
11:07 p.m.: A noise complaint was reported on Lamberts Lane involving loud music.
11:29 p.m.: A residential alarm was reported on Atlantic Avenue. Police secured the property.

Monday, Sept. 5

6:22 a.m.: A disturbance was reported on Pleasant Street involving a man and a woman fighting. Police were unable to locate the parties.

HEALTH

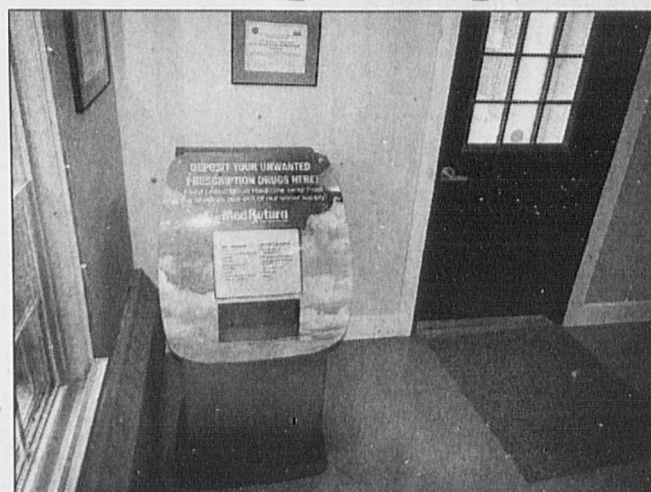
How to dispose of old prescriptions

Unwanted or outdated drugs can become the target of theft and misuse, especially by teenagers. To avoid theft and misuse, the Cohasset Police Department has a program designed to significantly reduce the prescription drugs in Cohasset homes that are either no longer needed or outdated.

America's 12 to 17 year olds have made prescription drugs the number one substance of abuse for their age group, and much of that supply is unwittingly coming from the medicine cabinets of their parents, grandparents, and friends.

Law enforcement is the only entity legally able to accept these medications and process them properly so that they do not fall into the wrong hands. Law enforcement takes control of and destroys drugs on a regular basis as part of their regular operations.

Please join police in this effort by recognizing



The drug kiosk is available 24/7 in the police station for drop off of old, unused or outdated medication. COURTESY PHOTO

Law enforcement is the only entity legally able to accept these medications and process them properly so that they do not fall into the wrong hands.

the need to remove unwanted or outdated drugs from your home. You can participate by anonymously depositing these unwanted or outdated drugs in the police department's drug disposal kiosk, available

24 hours a day, 7 days a week, located inside the police station lobby off Elm Street.

Note: Needles are not accepted. Liquids are accepted but should be tightly closed and then sealed inside a plastic bag.

NORFOLK COUNTY

Register warns about deeds scam

Norfolk County Register of Deeds William P. O'Donnell recently expressed his ongoing frustration regarding Norfolk County residents who continue to receive direct-mail solicitations offering them a certified copy of their property deed for a fee ranging anywhere from \$59.50 to \$83.

"These companies are making an outrageous profit at the consumer's expense," said O'Donnell. "If a consumer knew that the Registry of Deeds would provide them the same certified copy of a property deed for a charge of only \$1 per page, plus an additional \$1 for postage, they would never agree to pay these companies such an outrageous fee for service. The average price for a mailed homeowner's deed by the registry (usually two pages) is \$3."

The registry has heard numerous stories from Norfolk County residents about examples of receiving deed solicitation notices from a California private company. The solicitations were

labeled "Recorded Deed Notice" and requested that the homeowner forward a check to them in the amount of \$83 for a copy of their deed. A Dedham resident, who received the solicitation, notified the registry about the advertisement instead of spending \$83.

"While the practice may be legal, it's certainly not ethical," said O'Donnell. "Clearly these direct-mail companies are preying upon the innocent assumptions of Norfolk County residents, many of whom are first-time homeowners or elderly. Consumers are interpreting these notices as a bill, since they are affixed with a due date. I urge Norfolk County citizens not to fall prey to these types of misleading deed scam advertisements."

If you receive a deed solicitation notice, contact the Registry's Customer Service Center at 781-461-6101 or by email at registerodonnell@norfolkdeeds.org.

For information: norfolkdeeds.org.

WICKED LOCAL

Health & Fitness Festival is coming

By Gerry Tuoti

Wicked Local Newsbank Editor

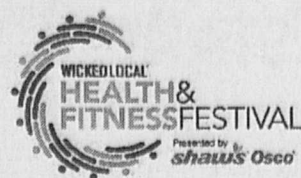
Put on your best workout gear and head to Gillette Stadium Sept. 17 for a chance to meet fitness celebrities, learn the latest in sports medicine and nutrition, and try the hottest new workouts and more.

The upcoming Wicked Local Health & Fitness Festival, presented by Shaw's Supermarkets and Osco Pharmacies, will take place from 10 a.m. to 4 p.m., Saturday, Sept. 17, at Gillette Stadium's Cross Insurance Pavilion in Foxboro. The expo is free and open to the public. Attendees can participate in fitness classes, take informational seminars, watch cooking demonstrations and learn from experts in fitness, nutrition and medicine.

The festival offers the chance to sample some of the region's hottest fitness classes.

Get training tips from obstacle and personal training gym Action Athletics, with American Ninja Warrior competitors Jon "The Giant" Alexis and Jesse "Flex" Labreck.

Attend on-site seminars and clinics from national



private coaching company CoachUp.

Andy Berler, the creator of full-body fitness program BMAX, will lead a workout session. There will also be sessions in Piloxing, a new fitness trend that combines Pilates and boxing into a single workout. Join yoga enthusiast Maureen Delaney for a yoga session designed for participants of all levels, including beginners. Lisa Kohne of Fierce Love Fitness will lead Zumba classes.

In addition to offering a chance to watch and participate in a full slate of interactive workouts, the festival also provides a chance to learn about a variety of health and fitness topics.

Expo attendees can attend nutrition lectures, including "Five Steps to Aging Healthy for Peak Performance" and "Eat Like an Olympian." Shaw's Supermarkets will present

cooking demonstrations, while Osco Pharmacies will be on hand to offer flu shots. Learn the latest information on concussions and sports medicine from Boston Children's Hospital's Dr. Ellen Geminiani.

Professional sports

teams from the region will also be represented. Meet the Battalion, the official street team of the New England Revolution, and put your soccer shooting skills to the test. Visit the Boston Celtics Street Team to pose for a photo with one of the green

team's NBA championship trophies.

Exhibitors will be on hand, giving festival attendees a chance to browse and sample healthy lifestyle products and services.

The day of fitness-themed fun will also

feature entertainment, contests and giveaways.

Whether you're a seasoned weekend warrior, fitness novice or casual observer, the Wicked Local Health & Fitness Festival offers something for everyone.

OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

Carole Anne Dean

COHASSET – Carole Anne Dean, age 86, of Cohasset died August 11, 2016 at home surrounded by those she loved.

Carole Anne was born July 29, 1931 in Brooklyn, N.Y. and raised in Darien, Conn., by Charles and Roberta Poole. She graduated from the University of Connecticut and Stanford Hospital Nursing School, where she became an operating room nurse.

Wife of James S. Dean, loving mother of James H. Dean and Jennifer S. Dean of Cohasset. Devoted grandmother of Sinclair Dean Teruzzi and Enrico



Carole Anne Dean

all she cherished her many friends.

Please join the family in a celebration of Carole Anne's life on Sept. 10, 2016 at 11 a.m. at the Unitarian Church on Cohasset Common.

Teruzzi, and great-grandmother of Caspian Maximus Lane. Carole Anne loved the town and beaches of Cohasset, but most of

HINGHAM – Joseph F. Cotter, age 89, of Hingham, passed away on August 31, 2016, surrounded by family.

Joe was the devoted husband of Barbara (Tribou) Cotter; and stepfather to Michael Salter of Henderson, Nev., Stephen Salter of Los Angeles, Calif., David Salter and wife Nancy of Johns Creek, Ga., James Salter and wife Melissa of Portland, Maine, and Jennifer Friedman and husband Jason of Rossmore, Calif.; as well as 8 grandchildren.

Mr. Cotter was the husband of the late Catherine (Sullivan) Cotter. He was the loving father of Robert Cotter and wife Elizabeth of Hollywood Beach, Fla., Michael Cotter and wife Margaret of Scituate, Richard Cotter and wife Onessa of Miami, Fla., Mary Engels and husband William of Hingham, Kathleen Dulac and husband David of Milton, Vt., Ann Mack and husband James of Scituate, Christine Lagrotteria and husband Tom of Scituate and Peter and wife Lynn Cotter of Hingham; and the loving grandfather of 20 grandchildren and 7 great-grandchildren. He was the brother of Janet Poole of Quincy and the late Robert Cotter of Abington and Mary McCann of Rockville, Md.

Mr. Cotter graduated from Brockton High School in 1945 and Boston College in 1949.

He worked as a Senior Financial Officer for over 50 years at Price Waterhouse, Howard Johnson, ITT Sheraton Corp and Bank of Boston. He was a



Joseph F. Cotter

trustee of Boston College, and served on the Board of Directors for the Greater Boston Y M C A, trustee and

co-chair of the Jimmy Fund at Dana Farber Cancer Institute, Director of the United Way of Mass., Vice President of the Greater Boston Chamber of Commerce, and was a past chairman of the American Motel and Hotel Assoc.

Joe was an avid golfer, enjoying his time at Hatherly Country Club, Scituate, Cohasset Golf Club, Cohasset, and Jonathan's Landing in Jupiter, Fla., where he was a past president.

Visiting hours will be Wednesday, Sept. 7, 2016, from 3-7 p.m. at McNamara-Sparrell Funeral Home, 1 Summer St., Cohasset. A concelebrated funeral Mass will be Thursday, September 8, 2016, at 11 a.m. in St. Anthony Church, Cohasset.

In lieu of flowers, gifts may be made to the Jimmy Fund/Dana-Farber Cancer Institute in memory of Joseph F. Cotter to support cancer research and patient care at Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284 or via www.dana-farber.org/gift.

For an online guest book, please visit www.mcnamara-sparrell.com.

How to Submit an Obituary to the Weekly Newspapers

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obits@wickedlocal.com

OR

call 781-433-6905

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Fax 781-433-6965

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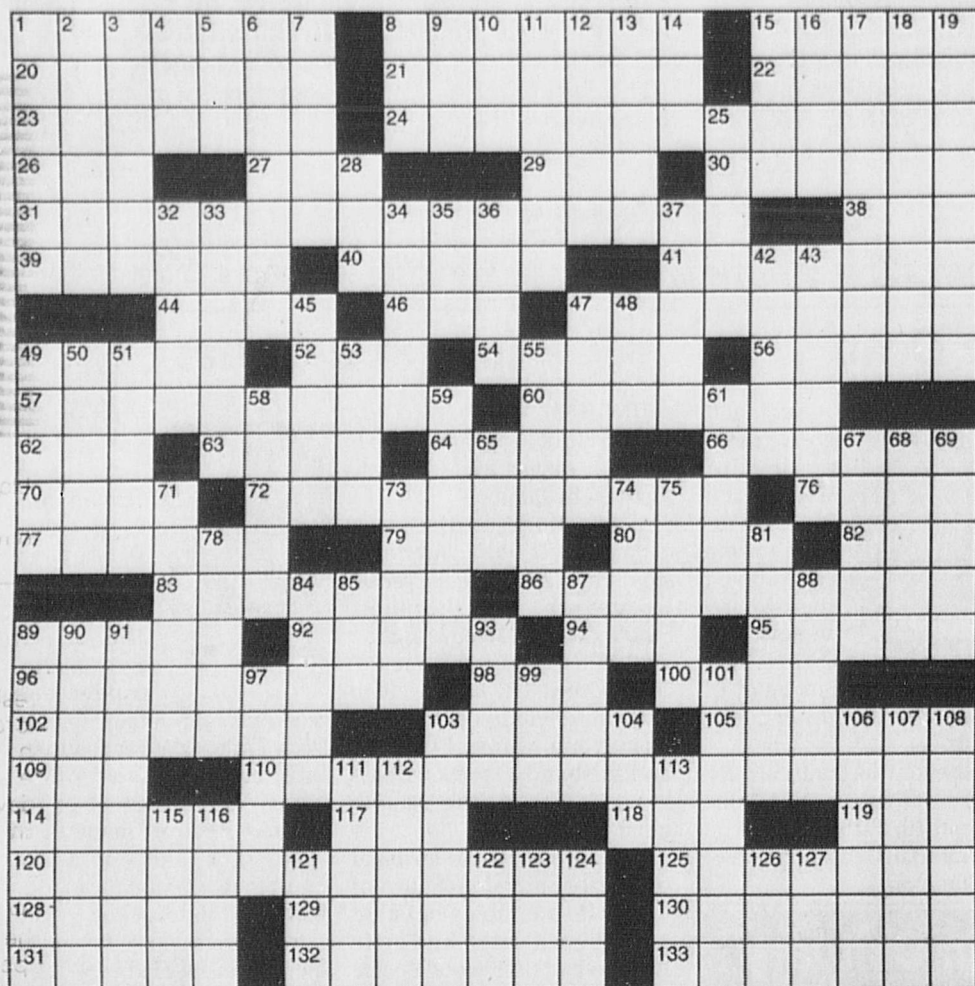
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PUZZLES

Crossword • TIME FOR A FRESH START



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ACROSS

1 Keys that get "ticked"
8 Mysteries
15 Longtime Volkswagen model
20 Port near Naples
21 Allay
22 Brand of deodorant
23 SkyDome national anthem
24 Harley-Davidson product
26 TV's Sajak
27 Meditation sounds
29 With 64-Across, Japan's place
30 A teacher prepares it
31 Also called
38 Nero's 111
39 Political analyst Myers
40 Devilish look
41 Black-and-white bird
44 Optical storage format for burning data
46 Put — (pranks)
47 Ranch jaunt
49 "Socrate" composer Erik

DOWN

52 Black-and-white bird
54 With 112-Down, backbeat instruments
56 Billionaire Bill
57 Marking the start of, as a 133-Across
60 Homer epic
62 Mani offerer
63 Hydroxyl-containing compound
64 See 29-Across
66 Less jagged
70 Cuts down
72 Film set at Faber College
76 Life-or-death
77 Shoe part
79 County south of Niagara
80 — Pet
82 Org. backing guns
83 Like films, restaurants and bonds
86 Key of Chopin's "Raindrop" prelude
89 Less abundant
92 Suspicious
94 Bump hard
95 Choir song
96 #1 Beatles hit of 1964

DOWN

114-legged crustacean
2 Move out of
3 Kansas city
4 Stimpny's pal
5 Gershwin the lyricist
6 Granted
7 "Me too"
8 Bolt down
9 Sydney's state: Abbr.
10 Patricia T. O'Conner's "Woe —"
11 Really go after
12 Showy parrot
13 Corporal on "F Troop"
14 Sch. term
15 Actress
16 Bits of work
17 Alternative to Wheat Thins
18 Compound in pottery glazes
19 Compounds paired with thymines in DNA
25 Nobody — (mine alone)
28 Sizzling bacon sound
32 Munsters' boy
33 Worship
34 Japanese musiroom

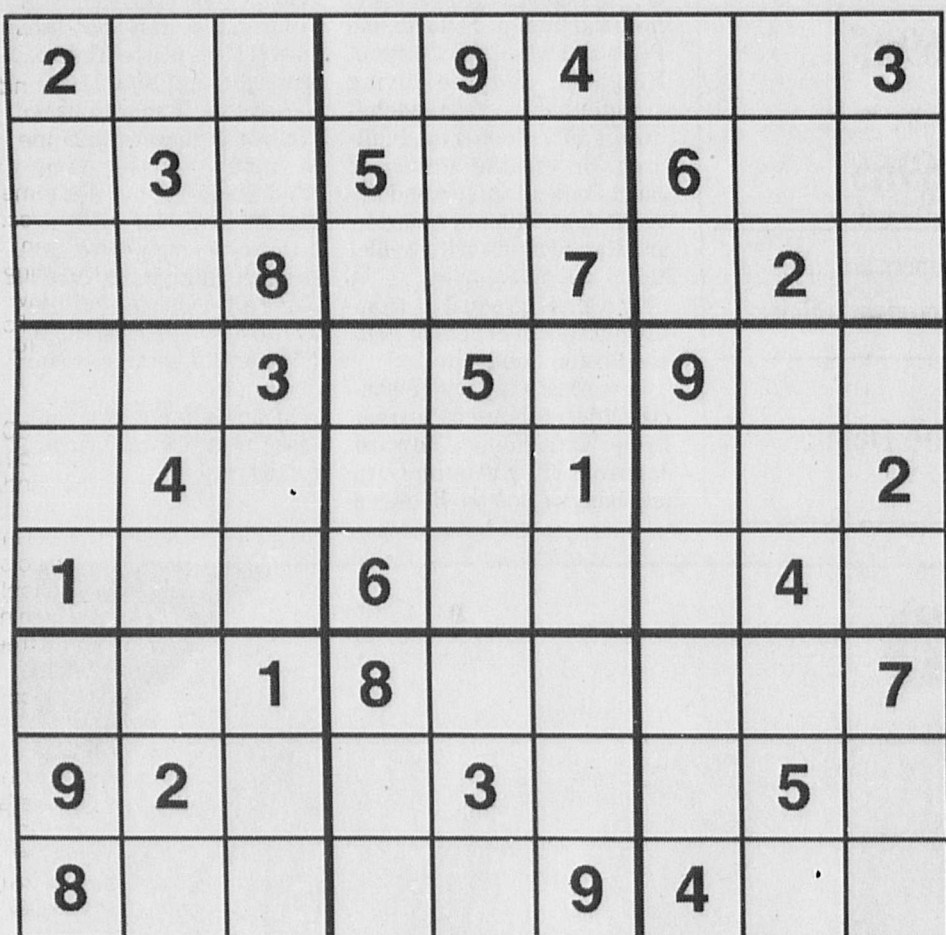
DOWN

35 Author Kesey
36 Fed Elliot
37 After, to Gigi
42 Israeli desert region
43 Got silver, as hair
45 Was too long, as a sentence
47 Was given no choice
48 Suffix with direct
49 Fish-on-rice dish
50 Trembling tree
51 Mellow out
53 — fruit (tangelo kin)
55 Munched
58 Not fitting
59 Less distant
61 "The way I —"
65 Frazier fighter
67 Black-clad mercenary
68 Actor Flynn
69 Update the arsenal of
71 Hollywood's Meryl
73 Dogfight
74 "Mighty Bruins" sch.
75 Frauds
78 Old Yankee Combs
81 Stepping (up)
84 Analogous
85 Hollywood's Stiller

DOWN

87 Middle Corleone brother
88 Meat jelly
89 Wear for mob quellers
90 Promise to marry
91 Beats into shape again
93 Part of BYO
97 Lots in life
99 Nothing at all
101 Paleolithic tool
103 Trim up, say
104 Adam and —
106 Gordon of "Oklahoma!"
107 Typo list
108 One fishing with a net
111 "— is an island ..."
112 See 54-Across
113 "Challenge accepted!"
115 "— Ask of You"
116 Composer — Carlo Menotti
121 "Ball —"
122 Mel's Diner waitress
123 Orbitz listing
124 Born, to Gigi
126 Rural denial
127 Go by jet

Sudoku



Level: Challenging

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Magic Maze • TEXT-SPEAK

Y K I F C Z W U R B P M J H E
C 8 T Z X P U S I Q 8 N L J G
S E R A C Z U G X F V T R R P
N S L C E J G S T H E C 8 A 9
A N Y N E R Y H P 8 W 8 L V F
T R P R I T G N L U M H R T E
K K I N R I A G E C S E E W N
B Y (B E F O R E B 4) Z T T T I
X G A W U S S R R P O A A A F
M L J K L K L O O C I H L H M
G E D B O X X X S S I K A W W

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Any ne Create cr8 Kiss xxx So sorry ss
Before b4 Fight f8 Later l8r What wt
Big grin bg Fine f9 Mate m8 What's up sup
Cool kl Hate h8 Okay k

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HOROSCOPE

Salome's Stars

ARIES (March 21 to April 19) Mars, your ruling planet, helps you deal with career challenges in a way that reflects some of your own hidden strengths. This impresses some important decision-makers.

TAURUS (April 20 to May 20) Your strong Bovine will, combined with your romantic nature (you are ruled by Venus), helps turn a romance with a potential for problems into one with more-positive possibilities.

GEMINI (May 21 to June 20) Mercury's influence creates some unsettling moments, but nothing that you can't live with. You'll soon learn more about that major change that is about to be revealed.

CANCER (June 21 to July 22) Opportunities for you are like the phases of the Moon: constantly appearing and reappearing. So, cheer up. The opportunity you think you let slip by will be replaced by another.

LEO (July 23 to August 22) An opportunity that you hoped would open up

for you remains closed. Stop wasting time scratching at it. Something else you'll like will soon make itself apparent and accessible.

VIRGO (August 23 to September 22) Congratulations. You'll soon hear some positive feedback for all the hard work you recently put into a project. A Pisces could soon swim into your personal life.

LIBRA (September 23 to October 22) Someone whose friendship you felt you had to write off will try to revive it. What you do is up to you. But don't do it without giving it considerable thought.

SCORPIO (October 23 to November 21) A job-related plan might need to be reworked to allow for changes. Lucky for you that Saturn remains a strong influence that can help you focus on getting it done right.

SAGITTARIUS (November 22 to December 21) This is a good time to move into areas of self-discovery. You might be surprised about who you really are and how you really relate to

those around you.

CAPRICORN (December 22 to January 19) Expect to confront someone who will make an unwelcome request. Stand by your resolve to do the right thing no matter what "persuasion" might be offered.

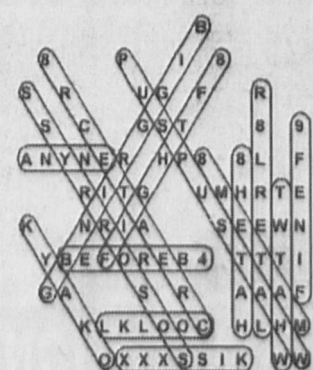
AQUARIUS (January 20 to February 18) A friendly competition could become more contentious than you expected. Take time out to discuss the reasons behind this unexpected change, and act accordingly.

PISCES (February 19 to March 20) You have a wonderful mind for solving mysteries, so you should feel confident about solving the one developing very close to you. An unlikely source offers help.

BORN THIS WEEK: You're a great host or hostess. You love being with people, and you're very good about planning all sorts of social events that bring folks together.

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SOLUTIONS



2	5	6	1	9	4	7	8	3
7	3	9	5	2	8	6	1	4
4	1	8	3	6	7	5	2	9
6	8	3	4	5	2	9	7	1
5	4	7	9	8	1	3	6	2
1	9	2	6	7	3	8	4	5
3	6	1	8	4	5	2	9	7
9	2	4	7	3	6	1	5	8
8	7	5	2	1	9	4	3	6

CALENDAR

HOW TO SUBMIT

Event information can be input online by following the directions at the bottom of this page, sent by email to scalendar@wickedlocal.com or sent by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Photos should be a jpeg with a resolution of at least 200 dpi and no smaller than 3X5 inches in size. For more information call 508-591-6623.

Art reception Sept. 9 with Paul Arsenault at South St. Gallery

WHEN: 6-9 p.m., Friday, Sept. 9
WHAT: Art show reception at South Street Gallery in Hingham
INFO: Art show reception at South Street Gallery, 149 South St., Hingham. Meet artist Paul



Arsenault, who grew up in Hingham. See his local and New England paintings in the "Hingham and Beyond" display. In addition, at 3:30 p.m. Sept. 10 he will give a talk at the gallery.

For information: 781-749-0430, www.southstreetgallery.com.

Bay Youth Symphony rehearsal Sept. 14 at Marshfield High School

WHEN: 6 p.m., Wednesday, Sept. 14
WHAT: Bay Youth Symphony rehearsal at Marshfield High School



INFO: Bay Youth Symphony rehearsal at Marshfield High School, 167 Forest St., Marshfield. South Shore Conservatory's Bay Youth Symphony rehearsals are Wednesdays, starting Sept. 14. Students interested in joining BaYS should contact its new program director, Cassie Sulbaran, at bays@sscmusic.org or attend the first rehearsal, which is open to all musicians.

For information: www.sscmusic.org/orchestra.html.

Duxburys' Tuneful Brew Coffeehouse features Jo Henley band Sept. 9

WHEN: 8-10 p.m. Friday, Sept. 9
WHAT: Tuneful Brew Coffeehouse featuring Jo Henley at First Parish Church in Duxbury



INFO: Tuneful Brew Coffeehouse will debut at First Parish Church, Harvey Assembly Hall, 842 Tremont St., Duxbury. For performers and audiences of all ages, to be held the first Friday of each month. One-hour open mic session at 8, followed by musicians as featured performers at 9. This month featuring Americana band Jo Henley (pictured). Admission is \$10 at the door, children 12 and under admitted free. Homemade baked goods, a variety of tea and coffee available. Donations greatly appreciated.

For information: tunefulbrew@gmail.com, www.tunefulbrew.com.

Send your event information by email to scalendar@wickedlocal.com. Listings information must be submitted at least two weeks prior to the event. Please include the time, date, location, street address and town of the event. If possible, provide a contact phone number and website.

Friday, Sept. 9

Marshfield Farmers' Market: 2-6 p.m. at the Marshfield Fairgrounds by the Grandstand. 100 percent local fresh produce plus meat/eggs/dairy/seafood, bakers/chefs, artisans, hot/cold food and home goods from more than 40 vendors. Live music, free demonstration and free kids activity weekly. Free parking/admission. For information: 781-635-0889, www.marshfieldfair.org.

Art show reception: 6-9 p.m., South Street Gallery, 149 South St., Hingham. Meet artist Paul Arsenault, who grew up in Hingham. See his local and New England paintings in the "Hingham and Beyond" display. In addition, at 3:30 p.m. Sept. 10 he will give a talk at the gallery. For information: 781-749-0430, www.southstreetgallery.com.

Tuneful Brew Coffeehouse: 8-10 p.m., First Parish Church, Harvey Assembly Hall, 842 Tremont St., Duxbury. For performers and audiences of all ages, first Friday of each month. One-hour open mic session at 8, followed by musicians as featured performers at 9. This month featuring Americana duo Jo Henley. Admission is \$10 at the door, children 12 and under admitted free. Homemade baked goods, a variety of tea and coffee available. Donations greatly appreciated. For information: tunefulbrew@gmail.com, www.tunefulbrew.com.

Mission of Blues: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Saturday, Sept. 10

Pilgrim Church yard sale: 9 a.m. to 2 p.m., 25 Sea St., North Weymouth. Something for everyone: household goods, clothing, toys, games, seasonal items, jewelry, sporting goods and more. Stop for a quick lunch

and good buys. Rain date Sept. 17. For information: pilgrimchurchweymouth.org.

Yoga class: 9-10 a.m., Sollar Wellness Center at New England Village, 664 School St., Pembroke. Yoga for All Abilities, a six-week class held Saturdays, starts today, led by instructor Donna Gilli. The class is open to all adults age 18 and older. Cost is \$35. For information: 781-293-5461, ext. 208.

Semi-annual used book sale: 10 a.m. to 4 p.m., Hingham Public Library, 66 Leavitt St., Hingham, in the Whiton Room. The sale features titles that have not previously been available for sale in the library's bookstore, including two recent estate donations that feature local history titles and art books. The sale also includes a wide variety of cookbooks, bestsellers, children's titles and more. For information: 781-741-1405, www.hinghamlibrary.org.

King Richard's Faire: 10:30 a.m. to 6 p.m., 235 Main St., Carver. Enjoy artisan crafts, entertainment, food, drink and more at the annual renaissance fair. Open Saturdays and Sundays, Sept. 3 through Oct. 23, and holiday Mondays, Sept. 5 and Oct. 10. Tickets are \$31 for adults and \$16 for children ages 4-11. Children younger than 4 are free, and parking is free. For information: 508-866-5391, kingrichardsfaire.net.

Animal World Experience: 10:30 a.m., Abington Public Library, 600 Gliniewicz Way, Abington. Meet and learn about a variety of exotic animals from all around the world. There will be extra time after the program to pet the animals. Registration is required. 781-982-2139, www.abingtonpl.org.

Actors prep registration: 4 Brook St., Scituate Harbor. For the musical, "Haunted House" actors, grades 1-3. Sign-ups in the lobby. For information: www.actor-sprep.org.

Adult coloring event: 2-3:30 p.m., Ventress Memorial Library, 15 Library Plaza, Marshfield. The library will provide the supplies including coloring pages and colored pencils as well as serve light refreshments. If you already possess an adult coloring book, feel free to take it along. Event is for adults only. Call or go online to register. For information: 781-834-5535, www.ventresslibrary.org.

Artist talk: 3:30 p.m., South Street Gallery, 149 South St., Hingham. Artist Paul Arsenault, who grew up in Hingham, will present a talk. His paintings of "Hingham and Beyond" are on display throughout September at the gallery. For information: 781-749-0430, www.southstreetgallery.com.

Farm to Table Dinner: 6-10 p.m., Holly Hill Farm, 236 Jerusalem Road, Cohasset. Chef Greg Jordan of Quarry Restaurant in Hingham will prepare seasonally available produce from Holly Hill Farm and other local purveyors. Dean Cycon of Dean's Beans Organic Coffee and Chocolate will be guest speaker. Tickets \$125 each per member, \$150 each per non-member. For information: 781-383-6565, hollyhillfarm.org.

Syd Slacks: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Comedy night fundraiser: 8 p.m., Emerald Hall, 30 Central Street, Abington. Featuring comedians Paul Nardizzi and Bill Campbell. Presented by Robin Mulaney and family. Proceeds go to Learn to Cope while also giving a scholarship to Brady's Place, a sober home located in Weymouth and Quincy. Tickets on sale for \$20 or \$25 at the door. Doors open at 7 p.m. Raffle prizes, door prizes, appetizers, desserts, coffee, tea and more. For information: rmulaney820@comcast.net.

Sunday, Sept. 11

Homecoming picnic: 10:30 a.m., Town Green, Marshfield. After the 9:30 a.m. Sunday service at First Congregational Church at 1981 Ocean St., all are welcome to a picnic across the street, offering free hot dogs, snacks, games and more. Visit the church and learn about its programs and services for adults and kids. For information: 781-834-7664.

Middle and High School Admissions Fair: noon to 2 p.m., Boston College High School, 150 Morrissey Blvd., Dorchester. With more than 40 schools attending, parents and students can explore academics, athletics, arts and extracurriculars, all under one roof. Register. For information: 617-474-5010, www.bchigh.edu/schoolfair.

"Christmas Carol" auditions: 1 p.m., Company Theatre Centre for the

Arts, 30 Accord Park Drive, Norwell. Singing and non-singing roles. Audition candidates may take their own sheet music, and should also take a headshot or snapshot. A resume is helpful, but not required. Actors not available to audition in person are encouraged to submit a video audition to sally@companytheatre.com. Performances will be Nov. 25-Dec. 18. For information: 781-871-2787, www.companytheatre.com.

South Shore Conservatory open house: 2-4 p.m., at One Conservatory Drive in Hingham and at 64 Saint George St. in Duxbury. Open to the public, this event invites area residents to delve into an exploration of music, dance and drama. Enjoy a scavenger hunt throughout the facility, interactive music, dance and drama group class demonstrations and more. For information: 781-749-7565, ext. 23, www.sscmusic.org.

Monday, Sept. 12

Birding by Van: 9-11:30 a.m., North River Wildlife Sanctuary, 2000 Main St., Marshfield. With South Shore Sanctuaries Director Sue MacCallum. \$15/\$12 member per session. Pre-registration is required. For information: 781-837-9400, massaudubon.org/southshore.

Tickets for 2017 Special Events Series: Company Theatre Center for the Arts, 30 Accord Park Drive, Norwell. Tickets go on sale today for performances by Roomful of Blues, Eaglemania and the Edwards Twins and more. For information: 781-871-2787, www.companytheatre.com.

Fitness class: 5:30-6:30 p.m., Sollar Wellness Center at New England Village, 664 School St., Pembroke. Fit and Tone is a six-week class held Mondays starting today. Led by certified group exercise instructor Donna Clifford. Open to all adults 18 and older. Cost is \$35. For information: 781-293-5461, ext. 208.

Online privacy basics workshop: 6:30 p.m., Hingham Public Library, 66 Leavitt St., Hingham. Join Alison Macrina of the Library Freedom Project to learn the basics of keeping your data and communications a little safer. For beginners and more advanced users alike. For information: 781-741-1405, www.hinghamlibrary.org.

Understanding the U.S. Constitution: 7 p.m. Sept. 12, 19, 26 and Oct. 3, James Library, 24 West St., Norwell. Class taught by Carol Neely. Admission is \$5 one-time fee, for one or all four classes and includes a pocket-size copy of the U.S. Constitution. Registration is required. Email jameslibrary@verizon.net to register. For information: 781-659-2015, norwellpubliclibrary.org.

Autism Network meeting: 7 p.m., Emmanuel Parish, 519 Washington St., Braintree. Braintree Autism Network for our Daughters and Sons meets every other month September through June, the second Monday of each month. The meetings are open to all parents or guardians of children who live in Braintree and have an autism spectrum disorder or live elsewhere but attend school in Braintree and have an ASD. There is no cost or obligation and membership is confidential. Call Leah Nabstedt for more information at 617-943-2452.

Tuesday, Sept. 13

Little Naturalists: 9:30-10:30 a.m., North River Wildlife Sanctuary, 2000 Main St., Marshfield. For children ages 3-5 with caregiver. \$7/\$5 member child (no charge for accompanying adults). Pre-registration is required. For information: 781-837-9400, massaudubon.org/southshore.

Braintree Choral Society open rehearsals: 7:15 p.m., Braintree High School, music room, 128 Town St., Braintree. New singers are welcome throughout September as preparations begin for the winter program to be performed Dec. 11. BCS is a non-audition chorus open to anyone with a passion for learning and singing quality choral music. Although everyone is welcome, tenors and basses are especially needed. For information: www.braintreesings.org.

Chorus rehearsals: 7:30-9:30 p.m., First Trinitarian Congregational Church, 381 Country Way, Scituate. The Choral Art Society of the South Shore, now in its 58th season, begins rehearsals. Prospective new members are welcome at the first two "open" rehearsals of the season, Sept. 13 and 20. For information: 508-577-1466, www.choralartsociety.org.

Wednesday, Sept. 14

Wings of Freedom Tour: Sept. 14-16, Plymouth Municipal Airport, 246 South Meadow Road, Plymouth. See WWII vintage aircraft at the Collings Foundation's annual event. Visitors are invited to explore the aircraft inside and out; \$12 for adults and \$6 for children under 12. Hours of ground tours and display are 2-5 p.m. Sept. 14 and 9 a.m. to 5 p.m. Sept. 15 and 9 a.m. to noon Sept. 16. Visitors may also take a 30-minute flight. Prices start at \$450. For information: 800-568-8924, www.collingsfoundation.org.

Ice cream social: 2:30-4 p.m., Jack Conway & Company, 321 Main St., Hingham. All are welcome. Come alone or take the kids and sample a free scoop, while supplies last, from Nona's Ice Cream truck as it parks in the Conway driveway. For information: 781-749-1600, jmcguire@jackconway.com.

Bay Youth Symphony rehearsal: 6 p.m., Marshfield High School, 167 Forest St., Marshfield. South Shore Conservatory's Bay Youth Symphony rehearsals are Wednesdays, starting today. Students interested in joining BaYS should contact its new program director, Cassie Sulbaran, at bays@sscmusic.org or attend the first rehearsal, which is open to all musicians. For information: www.sscmusic.org/orchestra.html.

South Shore Chapter of the Military Officers Association of America will meet: 6 p.m., Hearth and Kettle Restaurant, 1151 Main St., Weymouth. The group is open to all active duty, retired and former commissioned officers and warrant officers from the uniformed services of the United States. Surviving spouses are most welcome as well as officers' spouses. Reservations should be in by Sept. 9 2016 by emailing Richard Davenport at rdavenport8587@gmail.com. For information: 508-272-7419.

Internet/Technology Safety Parent Forum: 6:30 p.m., Rockland High School, 52 Mackinlay Way, Rockland. Open to parents who have children at any grade level in the Rockland Public Schools, including elementary school. Must be 18+ years old with no exceptions. Admission is free. Forum conducted by Katie L. Greer, former intelligence analyst for the Massachusetts State Police and Director of Internet Safety in the Mass. Attorney General's Office. For information, contact Officer Ethan Schnabel, School Resource Officer: 781-871-0541 ext. 4115 or SRO@rocklandschools.org

Thursday, Sept. 15

Wings of Freedom Tour: Sept. 14-16, Plymouth Municipal Airport, 246 South Meadow Road, Plymouth. See WWII vintage aircraft at the Collings Foundation's annual event. Visitors are invited to explore the aircraft inside and out; \$12 for adults and \$6 for children under 12. Hours of ground tours and display are 2-5 p.m. Sept. 14 and 9 a.m. to 5 p.m. Sept. 15 and 9 a.m. to noon Sept. 16. Visitors may also take a 30-minute flight. Prices start at \$450. For information: 800-568-8924, www.collingsfoundation.org.

Faith and Film: 6:30 p.m., Morcone Conference Center, 20 Hull St., Hingham. See the movie "The Way" (2011), rated PG-13, 115 min. Explore aspects of faith, spirituality, courage, love, evil, forgiveness and redemption through the lens of film. Movie followed by discussion. Tea, coffee and snacks will be served. Arrive early with friends and take a sandwich, if you like. No registration required. Donations gratefully received. For information: 781-749-2155, ext. 300, retreats@glastonburyabbey.org.

HOW TO SUBMIT YOUR CALENDAR EVENT

Here are some tips on getting your event information posted to the Wicked Local calendar and included in this regional calendar:

REGISTER: Find the Events Calendar on your Wicked Local homepage in the bottom right portion on the website and click on the Add Event button. Click the Register link in the top right hand corner of your calendar page, above Add Event. Enter an email address, first name, last name, password, and password confirmation. Once you click "Register," a verification email will be sent to the email address with which you registered. Be sure to confirm your account through that email to complete the process. Once registered, you will have the ability to add events.

ADD AN EVENT: Click the Add Event button. Fill in required fields such as event title, date, time, category, and venue. Events may be set up to repeat daily,

weekly, monthly, or by manually adding additional dates.

ADDITIONAL NOTES:

■ The more detail the better in the event description field and there is a section to provide optional contact information.

■ Categories are important for tagging events with discoverable search terms and eases a visitor's ability to find the type of events they are looking to attend. An event can have multiple categories.

■ Events must be matched to a known venue. You can also add a new venue if your venue is not listed.

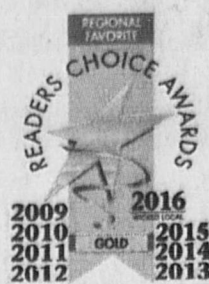
■ Events are subject to review before appearing on the site.

IMAGES: Make sure to include an image with your event. Events with images command three times the attention than those without. EvieSays uses a simple image uploader with options to drag and drop or browse, so adding images to your event is easy.

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August 18, 2016

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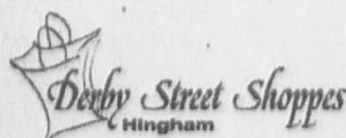
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25 Years at BEST



Ed Ferragamo
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Steve Quinn
2 Years at BEST



Erick Smith
1 Year at BEST



Christopher Welcome
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David Nap
Welcome to BEST



Rob Lytle
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